

Bavarian News

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U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Bamberg, and Schweinfurt

May 2, 2007

2SCR Soldier aids crash victims

Story and photo by JODI WARD
Staff writer

Spc. Mary Salinas-Cantu had not yet tested for the Expert Field Medical Badge, but her medical skills learned in EFMB training were put to a real-life test when she came upon a tragic motorcycle accident that claimed the life of one man.



Cantu

At approximately 10:30 p.m. on March 31, Cantu and her husband were on their way home to Grafenwoehr from a friend's house in Vilseck when they came upon the three victims, sprawled across 299 near the intersection with 2166, in Freihung.

"It was my husband's instinct to stop, he was driving," said Cantu of her husband, Spc. Ben Cantu, "I think it's a Soldier's instinct to stop and help," she explained.

Cantu, nervous at first, and among the first to arrive on the scene, said she stepped out of her black Eclipse thinking, "okay, now what," but was calmed and focused by an unidentified sergeant major, who had also pulled over to aid the victims.

"He said 'you can't leave your casualties,'" Cantu recalled. "Once he said that I focused and did all I could."

Cantu and the sergeant major administered first aid to the victims, while Cantu's husband, Ben, and Staff Sgt. Francisco Bustoslimon, both of 2d Stryker Cavalry Regiment Supply and Transportation Troop, strapped on their reflective vests and went into the street to divert traffic around the accident scene.

Cantu checked the men to determine who was in need of immediate care. She said that one of the men was in much worse shape than the other two, but without the necessary supplies, there wasn't anything she could do for him except make sure no one moved him. The 19-year-old German man later died of injuries sustained in the accident.

"I checked for breathing, pulse, broken bones, stayed calm and finished triaging the casualties," said Cantu.

Cantu noticed that the elder of the three victims was having trouble breathing, "I could hear he wanted to breathe, but was having trouble, so I gave him two rescue breaths."

Cantu used the proper jaw-thrust technique to open his airways, saving him from possible asphyxiation, all the while taking into account that his neck may be injured and moving it may paralyze him.

"He might have had blood or mucus blocking his airways," Cantu explained, "but once I gave the (rescue) breaths he was breathing easier," she said.

"I'm not a medic; I'm the medical records person! But I just offered my help wherever I could," she said.

Cantu continued to aid the men until the first ambulance arrived approximately 35-45 minutes after the call, and stayed to assist the two German paramedics until others arrived, eventually medically evacuating the men by helicopter to the Klinikum Weiden.

Although Cantu is not a medic, but a patient administration technician with 2d SCR Medical Troop, because she is in a medical troop she is qualified to compete for the Expert Field Medical Badge. Every Thursday for two months leading up to the accident, Cantu had been training for

See **HEROIC** Page 25

Teen jobs available

News release

The Civilian Personnel Operations Center, East Region, Europe Area is still accepting applications for the 2007 Summer Hire program until May 11, for jobs that will last from June 25 through August 3.

The Summer Hire Program offers young people, ages 14-22, employment for the summer in locations throughout Europe.

Information on the program, including vacancy announcements and application instructions, are posted on the HQDA G-1, Civilian Personnel, East Region, Europe Area website: <http://www.chra.eur.army.mil/staffing/summerhire/default.htm>.

Those interested should visit this Web site for more information.

The Summer Hire Program is designed to provide young people an opportunity to gain meaningful job experience, prepare for future education and career goals, and support the Army mission.

Jobs are available in clerical, labor, and child development.

Examples of clerical work include typing, computer work, filing, receptionist work, customer service, and answering telephones; child development involves childcare duties; and labor positions may include working indoors/outdoors, light to moderate lifting, or yard work.

Salary is to be determined, but should not be less than \$5.14 per hour.

See **SUMMER HIRE** Page 25

JMTC welcomes Hogg, farewells Perkins during change of command



Photo by Spc. Jerry Wilson

Brig. Gen. David R. Hogg (center) prepares to take command of the 7th Army Joint Multinational Training Command during April 19 ceremonies on the Grafenwoehr parade field. Former JMTC commander Brig. Gen. David Perkins (right) will become deputy chief of staff, G3, U.S. Army Europe and Seventh Army. USAREUR commander Gen. David D. McKiernan (left) presided.

JMTC news release

"This is a significant day for the Joint Multinational Training Command, for the Soldiers of and communities of this command and these two outstanding Army Leaders," said Gen. David D. McKiernan, commander of U.S. Army Europe and Seventh Army. "Since 1976, for 31 years, the 7th Army Training Command and now the Joint Multinational Training Command has been and continues to be the crown jewel of training in this part of the world."

McKiernan was addressing a crowd gathered April 19 at the Grafenwoehr parade field to say goodbye to the former commander of JMTC, Brig. Gen. David G. Perkins and welcome his successor Brig. Gen. David R. Hogg.

Hogg, the former assistant division commander (support) 1st Armored Division, assumed command of the 7th Army Joint Multinational Training Command here during a change of command ceremony.

Hogg succeeded Perkins, who is leaving JMTC to become the deputy chief of staff, G3, U.S. Army Europe and Seventh Army. Perkins has been commander of JMTC since August of 2005.

See **HOGG** Page 25

Summer hire, new PX discussed at town hall meeting

by BILYANA ATOVA
Staff writer

The Grafenwoehr and Vilseck Community Town Hall took place in the Grafenwoehr Middle School Gym April 25.

The meeting started by introducing the new 7th Army JMTC Commander Brig. Gen. David R. Hogg, who said that it is a privilege for the Soldiers and family members to be stationed overseas.

"This is a wonderful community and it is going to get better," he said.

He noted that there are a lot of challenges with the construction that is going on, but it is going to get better.

"Our goal is to please most of the people, most of the time. We want to make the right decisions that are good for the community," he added.

U.S. Army Garrison Grafenwoehr Commander Col. Brian T. Boyle began by asking the community to register their children for the next

school year. He explained that the schools are staffed based on approved registrations.

"Please take the time, register your kids, let's get the staff in here," Boyle said, adding that "it is very easy to pull your registration."

Next on his agenda, Boyle discussed the Summer Hire program and encouraged all students who are interested to sign up.

Boyle also talked about the shuttle service. "We are trying to get additional bus drivers and buses to be able to provide a more regular scheduled type service," he said.

Lastly, Boyle talked about the Commander's Special Permit signs.

"We do not have a lot of parking," he said, "but consider why we should open up additional parking for specific parking reasons."

Boyle said he is interested in customer feedback on this topic.

The command calendar highlights were read and it was pointed out that the annual Grafenwoehr Community Volksfest would be held Aug. 3-5. The senior spouses roundtable has

changed its date from May 24 to May 21, and the annual Asian-Pacific Luau will take place June 9.

Grafenwoehr AAFES general manager Matt Mennona started by introducing Stefany Burns, the new store manager of the Grafenwoehr PX. He announced that the new PX is expected to open in early fall.

"We are going to have a lot of job openings," Mennona said. He announced that the price of haircuts will increase Europe-wide by \$0.25, as of May 1.

Morale, Welfare and Recreation Chief Audre Binder noted that April was the Child Abuse Prevention Month and the Month of the Military Child. She also announced the Grafenwoehr Goes Prehistoric Exhibition which opened Monday.

Battle of the Bands/Stars of Tomorrow Competition starting Saturday is an opportunity primarily for Soldiers to demonstrate their talent, and it is "a very big event" Binder said.

A Polynesian Dance Show and Mongolian

Barbeque will take place in the Recreation Center in Vilseck May 30 and "it is pretty incredible to watch" Binder said.

For the U.S. Forces 10-Miler, participants can register online, said Binder. She explained that participants do not need to be professionals.

More MWR event highlights can be found in the Bavarian American Magazine and the Bavarian News, Binder said.

She also announced that the Tax Relief Office in Vilseck will relocate to Bldg. 224, where the CYS registration office is located.

She reminded attendees that the JAVA café is open and that the cafe purposefully does not serve alcohol in order to keep it a family-friendly environment, and also "it gives us an opportunity to hire high scholars," Binder said.

School Liaison Officer Steve Vojtecky talked about the reduced and free school lunch program that is transferring from the SLO to CYS Central Registration effective immediately.

See **TOWN HALL** page 25

Q&A

What are *you* doing to enjoy the *warm* weather?

Christle Lowery
"Now that the weather is getting warmer, I'm going to start traveling Europe a lot more. I just recently came back from Greece, and I loved it!"

Maj. Boris Brglez

"I plan to start kayaking on the Vils. I will also start riding by tandem bicycle with my wife."

**Lori Smith-Starnes**

"My dog Sebastian is really enjoying the warm weather and insists I walk him more often."

Pvt. Michael Graham

"We got ham-mocks outside my barracks. I'll get a friend, some pina colodas, a radio, and some crab legs and just lay in the sun all day."

**Annette Smith**

"I am walking an extra two miles a day with the weather getting warmer."

Sgt. Hussein Ozigi
"My family and I are doing spring cleaning. We're getting ready to plant some flowers and set up the swimming pool in the backyard."

**Richard McCarthy**

"My wife and I are working on our garden putting in a pond surrounding it with trees and shrubs."

Pvt. Angela Mortola

"Now that the weather is warm, I can run outside all around post instead of being stuck on a treadmill."



Wear proper protective gear, or have driver's license suspended

Lots of new people have arrived recently with the changes of command of HHC JMTC, HHC USAG Grafenwoehr, and JMTC. Welcome to Brig. Gen. and Mrs. Hogg, the new company commanders, and all their families and off to the column.

Motorcycle Wear and Club

There remains confusion about appropriate wear for motorcycle riders. Below is the updated policy from USAREUR and penalties for not complying with the policy. Motorcycle operators and passengers must wear the following:

- A helmet properly fastened under the chin.
- Eye protection. Eye protection must be impact- or shatter-resistant goggles or a full-face shield properly attached to the helmet.
- Protective clothing. Clothing will include:
 - Full-fingered gloves.
 - High-visibility garments (bright-colored clothing -for example, yellow, bright green, red, orange- for day travel and reflective clothing for night travel).
- When wearing military uniforms, military operators will wear a brightly colored reflective PT-style vest that is clearly visible from the front and rear of the motorcycle. When wearing the PT uniform, the Army PT jacket



worn with an orange or yellow reflective belt (worn diagonally across the shoulder) meets both day and night requirements.

- Leather boots or over-the-ankle shoes.
- Long-sleeved shirt or jacket.
- Trousers.

Penalties for failure to comply with any of the above:

- Seven-day mandatory suspension of USAREUR drivers license for the operator for failing to wear or failing to require the passenger to wear the proper protective clothing while operating or riding on a motorcycle.
- 30-day mandatory suspension of USAREUR drivers license for a second offense. This also requires a counseling letter.

We continue to offer membership in the local motor cycle mentorship 'club' but unfortunately we have not had a whole lot of new members.

This program is highly encouraged by DA/CRC/USAREUR and I highly encourage new and experienced drivers to 'join' and learn how to drive safely in Europe. I also really encourage unit leadership recommend joining to your motorcycle riders.

We will have another motorcycle roundup in May and our experts will provided details on the mentorship program at the roundup.

Child Protection

My 7-year-old son recently ran in the door telling us he had "broken his head." After the tears were dried we found out that while on his bike, he fell down, his helmet was shattered and he had a bump on his head. We can only

think what could have occurred if he did not have his helmet on.

So again, wear a helmet when riding a bicycle, skateboarding or roller skating. And please slow down.

Drivers, expect children to run out onto the roads when they are walking to and from school and be alert to respond to their sudden, often unplanned darting into the street.

DRMO

Many of you may remember in previous assignments the Defense Reutilization and Marketing Office where products the Army no longer needed are offered to for resale to customers.

USAG Grafenwoehr has an area DRMO site located outside of Gate 9 (the Burger King Gate), next to the 18th CSB motor pool. They continue to collect unneeded items but how they resale items has changed. For a complete list of items available world wide, see www.drms.dla.mil.

For questions on sale of items please contact the local DRMO at DSN 475-7006.

Cool and rainy mornings and time continues to march on. April has already come to a close. Thanks again for helping me make this the best place to live and serve in Germany.

*Col. Brian T. Boyle
Commander, U.S. Army
Garrison Grafenwoehr*

Personal experience reminds others of motorcycle safety

by **CARL D. BENNETT**
Special to the Bavarian News

As a long-time motorcyclist with 30 years plus riding experience, a Motorcycle Safety Foundation (MSF) Rider Coach Trainer, I have been involved with traffic education with both the U.S. Navy and State of Florida for close to ten years and now, I am a crash survivor.

I always tell my student riders that exposure to risks will provide you more opportunities to be involved in a crash, so be prepared. The acronym of "ATG, ATT" (all the gear, all the time) is heard a lot in my training classes and when my students see me riding later they also see me "dress as I talk, practice what I preach." That exposure to risks caught up with me on March 11, 2007.

While motorcycle crashes are unfortunately not that uncommon, it was my first personal experience with a high speed crash. While my 2003 BMW R1150R was damaged, beyond repair value, more importantly, is that I share what did go right after my initial wrong choices accumulated into what could have easily been a fatality. Obviously that was not the case; I actually came out of this experience without a broken bone or a scratch.

So this is my success story:
I was returning from a week in San Marcos, Texas; second day of riding, five hours behind me, now in panhandle area of Florida on a great piece of road known as I-10. I was about 200 miles from Jacksonville heading home to the wife. It could be argued that it's one of the most boring rides in the country. I had just turned over 50,000 miles on my bike 210 miles earlier, I thought to myself well I am half way to getting a new bike... I was closer than I thought!

I was about 25 miles from my next gas stop (I ride about 75 miles rest stop/ 75 miles fuel stop) as I approached yet another tractor-trailer. Nothing new here, head check, change lanes, accelerate, car will be clear when I get there.

MSF talks about a simple strategy to manage RISK; the acronym of SEE is used during all training events (Search, Evaluate and Execute). I have come to think of it simply as "My Plan". I assumed it would be clear by the time I got there, WRONG, and since I always quickly accelerate past these huge giants, I successfully placed myself in the trucker's NO-ZONE! (Otherwise known as the huge blind spots around tractor-trailers).

"Plan A," did not account for the overpass we had all just gone over. These are the main elevation changes that occur on I-10, whether the semi sped up or the car slowed down truly makes little difference in the fact "Plan A" failed. I quickly overtook the car and obviously failed to effectively scan ahead, I was now in this trucker's blind spot on the left side. Time for "Plan B."

I immediately began to slow; I knew I was hidden in the trucker's blind spot. "Plan A's" failure to account for the overpass continued to compound because usually after these overpasses follows an On-Ramp.

Rarely does a crash involve one factor, more likely it is a combination of factors so probably an oncoming vehicle entering I-10 East caused this giant to quickly change lanes. I saw the truck's front tire moving towards the

See **ACCIDENT** Page 3

German health care benefits Americans

by **CPT. MICHAEL DAVIDSON, PA-C**
Special to the Bavarian News

Having served as a physician assistant in the Vilseck and Grafenwoehr military communities for almost eight years, I have been involved in the health care of many Soldiers and their family members, and have observed their interaction with our supporting German health care providers and hospitals.

The consistent superior standard of medical support we receive from the German medical community is reassuring to me as a primary care provider. And this quality is all the more important in that most U.S. specialists in Germany are located many hours away (most of them are at Landstuhl Regional Medical Center, a four-hour drive from Vilseck).

A wide range of medical specialty and sub-specialty services are available to Soldiers and family members stationed at Vilseck. Three large hospitals are located within 20 minutes of post, to include

See **GERMAN HEALTH CARE** Page 3



**"Boystreet Boys" by Bobby Root
Grade 4, Age 10**

Bavarian News

Grafenwoehr, Hohenfels, Ansbach, Bamberg, and Schweinfurt

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German health care ranked No. 25 in the world

Continued From Page 2
Klinikum Weiden, St. Marien Klinikum (Amberg), and St. Anna Krankenhaus (Sulzbach-Rosenberg).

The physicians and other health care staff in these hospitals and surrounding clinics have seen over 950 new 2^d (Stryker) Cavalry Regiment patients (Soldiers and family members) and over 1,500 follow-up patients in the last seven months.

On any given day, approximately 20 American Soldiers or family members are inpatients in these supporting German hospitals.

Some Soldiers or family members may feel anxiety when referred to a German physician, or when hospitalized in a local hospital; this due to concerns about finding the clinic or hospital, communication with German medical staff, and questions about the quality of German medical care.

Most of the clinics and hospitals to which American patients are referred are within 20 minutes of Vilseck, and the patient liaison staff at the Vilseck Health Clinic provide patients with detailed maps and directions.

Knowing how to get to the closest German hospital is very important...*before an emergency*

strikes! I recommend that Soldiers and their family members pick up maps to their closest hospital (available outside the front door of the Vilseck Health Clinic), and drive the route from their home.

Patients can use Map Quest to print driving directions from their homes to their nearest hospital. Trying to find a hospital at 2 a.m. on a snowy morning when you have a child with an injury or fever is the wrong answer!

Although the vast majority of German physicians (and a majority of other German healthcare staff) speaks English, the Vilseck Health Clinic patient liaisons ensure smooth communication between hospitalized Soldiers or family members, and the treating physicians and nurses in the German hospitals.

Patient liaisons visit every hospitalized American patient on a daily basis, and provide a status report to the Vilseck Health Clinic Commander and to the 2nd Cavalry Regiment medical staff. Patients can access a patient liaison at any time by calling the Vilseck Military Police Station.

In general, the quality of healthcare provided to American patients in German hospitals and clinics is very good. The *World*

Health Report, published by the World Health Organization in 2000, ranks the German health care system 25th from the top (compared to 37th for the United States).

Consider that much of modern Western medicine has been built on the foundations laid by German physicians and scientists. A short list of medical advances discovered by German physicians includes:

■ Felix Hoffman, who discovered aspirin in 1897

■ Wilhelm Roentgen, who discovered X-rays in 1895

■ Emil von Behring, who developed vaccines against tetanus and diphtheria

■ Robert Koch, who established that bacteria cause certain diseases, to include anthrax, tuberculosis, conjunctivitis and cholera

■ Paul Ehrlich, who founded chemotherapy in 1911

I have many anecdotes from patients (from privates to Soldiers and family members of Soldiers at the highest levels of regimental command) who are satisfied with the care they received from my German medical colleagues. I would like to share one of these with you.

Spc. Moses, a medic in the regimental support squadron, recently delivered a pre-term 26-

week-old baby girl at the St. Marien Klinikum (Amberg). During a long hospital stay for the baby in the neonatal intensive care unit, Moses remained hopeful and expressed great confidence in the pediatricians and neonatologists caring for her baby.

She was overjoyed to find that her little girl would be discharged sooner than anticipated, and was able to have her baby home with her over the Christmas holiday. Asked about the care that she and her baby received at St. Marien Klinikum, Moses stated, "It was great. I cannot say enough about the care they gave my baby and me. I love being a mother, and they made that possible by taking great care of my baby."

If you would like to tour one of our local German hospitals, contact the Vilseck Army Community Services office (DSN 476-2650 or CIV 09662-83-2640). Below are the hospital Web sites:

Weiden Klinikum: <http://www.eng.klinikum-weiden.de/>

Amberg St. Marien Klinikum: <http://www.klinikum-st-marien.de/index.php?id=223&L=1>

Sulzbach-Rosenberg St. Anna Krankenhaus: <http://www.kh-as.de/kh-as/index.php>

Spotlight on Education



Name: Robbie L. Swint, Jr.

What grade/subject do you teach? 6th grade Social Studies, 8th grade U.S. History, and 8th grade Math.

Hometown: Born in Douglasville, raised in Villa Rica, Georgia

How long have you been a teacher? 6 years

What do you like best about teaching?

Interacting with the students, the parents, and the community. One of my reasons for being a teacher was to be a positive male role model in the classroom.

What advice can you give students to help them succeed in school? Be disciplined in arriving to class on time; bringing all your material to class; doing all your homework; and studying for all your quizzes and tests.

Have respect for yourself, others, and your teachers. My famous quote is "It is not how you start, but how you finish."

Motorcycle crash offers good safety tips

Continued From Page 2
white dashed line, I glanced at recently completed construction on the edge of the road to the left gave me maybe 12-18 inches of asphalt, no help. I looked back at the truck moving quickly into my lane. Even if I did maximum braking at this point it was unlikely I would clear the trailer, it was obvious "Plan B" failed before it began. Now was the time for "Plan C," the grass median separating the lanes. The second this took now seemed like hours as I reflect on the events.

I steered my bike into the center grassy median without a second thought at 70 mph. My brain spit out orders: stay off the brakes, keep your head and eyes up, gradually roll off the throttle, let the bike move underneath me and do not fight it. I knew my best chance of survival was to ride it as long as possible.

My witness stated "she was amazed how long I controlled it", so I guess it worked. Except for the brief "AFLAC" moment when I pondered how much it would hurt and how big the bruises would be, my brain never stopped making adjustments to "Plan C." Besides, there was no "Plan D."

Finally, the lack of traction and my own inertia won out, my assistance on the bike was no longer needed and I felt myself high-side or basically being thrown over the top of bike. Again, my brain adjusted "Plan C, Appendix 2," and advice from my brother about his motorcycle track experience came into my head. "Tuck and Roll!"

I know I tucked my arms in by the mud only on one forearm pad of my

jacket and my gloves showed zero impact damage. I know I attempted to pull my legs in but due to the obvious spectacle I created, according to the witness in the vehicle following me, I would say my legs were not as controlled.

I obviously did not check the speedometer, but I would suspect that somewhere in the 50-60 mph range is when my free flight began.

So now lying on my back in the grass, "Plan C, Appendix 3" went into place. Mentally check for pain, none noted, open my eyes, no blurred vision, started moving one set of fingers, wrist, elbow, and finally move the whole arm for the shoulder. I checked each limb in the same fashion, each time to my great relief I appeared to be injury free!

By now, I was surrounded by people, and while no one attempted to hold me down, they all echoed "don't move". Again I must have put on a really good show. I raised my visor on what had been my favorite helmet and calmly explained that I was not in any pain, nothing was broken, but I had to check my body out before I called 911.

To my delight, all my body parts were still intact, matching the places and pointing the direction they have been for the previous 45 years. Time to stand up and complete appendix 3's required operational check-out procedure.

To everyone's amazement; I stood up and walked around, finally I felt a small bump on my left knee.

A couple hours later when I walked into the Jackson County Hospital Emergency room, the ER

check in nurse almost required a copy of the FHP initial crash report to convince her I had been run off the road. Guess the lack of an ambulance crew confused her.

The doctor was equally amazed. I had a bump on the left knee, and by now, a sore left ankle. However, the ankle was not swollen, riding boots worked too! Upon further examination the doctor found no broken bones, scratches or bruising. It took six days for the only bruise to appear which was on my left knee. Had it not been for a few sore muscles, I could have been to work the next day.

Riding gear and training truly works for those who wear it and regularly practice their skills. My "Plan" constantly adjusted to each change as I recognized it. The semi driver never stopped, my screw up not his, he couldn't see me. Lee Park's Total Control book talks about the importance of controlling one's fear when riding. Having a "Plan" focused my thoughts and prevented fear from guiding my actions; it was not until I saw the bike loaded on the tow truck at my home three days later that the realization of the seriousness of my crash set in. Frame damage caused it to be a total loss.

I will continue to dispute those who say I was just lucky. Luck is if I had closed my eyes and hoped for the best. Without a doubt, I screwed up by putting myself in the trucker's No-Zone, however "my plan" continually adjusted to each change, my dedication to always wearing full riding gear protected me, and as an educator I can share this so others

will learn from my experience. I must learn from my mistakes, I gave myself a second chance by using a "Plan" and always wearing riding gear. Not once did I think of jumping off my bike or "laying it down." Still, luck had nothing to do with it.



Photo by Martina Bias

Grafenwoehr Girl Scout Brownie Troop 64 held a pet food drive on March 31 where they collected over 520 lbs. of food and \$500 for the animal shelter in Amberg. On April 6, they delivered the goods person. The chairman of the Humane Society in Amberg personally thanked the girls for their involvement and generous donations.

Brownie Troop 64 has a special message to all who are moving this summer: "Please don't abandon your animal! Take it to the animal shelter. They will not put it to sleep. They will treat it well and try to find it a new home." For more information, call the Amberg Tierheim at CIV 09621-82600.



Dear Demetrius, I understand the importance of fruits and vegetables in mine and my kids' diets. But I find it difficult to meet the recommended daily amounts. I have taken to fruit juice to meet our needs. Can you tell me some ways to fit extra fruit and

HEALTHY EMPOWERMENT

BY DEMETRIUS WILLIS

vegetables into our diets? In addition, can you tell me if fruit juice counts and how much counts towards a serving? Signed,

"Waiting in the Balance"
Roberta

Dear Roberta,
You are correct! Fruits and vegetables are important not only for vitamins and minerals but also for

fiber and antioxidants. Fiber and antioxidants contribute to a lower risk of heart disease and cancer.

Try to avoid "juice drinks" which typically contain added sugar in the form of high-fructose corn syrup. These drinks do not contain the beneficial health components for your body that 100 percent fruit juice provides. Avoid "fruit drinks", "fruit punch", "fruit beverage", "fruit cocktail", and "fruitade" products. These are what I call junk drinks. Remember that the added sugar in

these products replaces the vitamins and minerals found in fresh fruits and 100 percent fruit juice.

Here are some other ways to meet daily fruit and vegetable recommendations:

Stir diced, fresh or dried fruit into muffin, quick bread, yogurt, cereal, or cookie batter.

Dress up casseroles, soups, stir-fry, pizza, sandwiches, and salads with extra vegetables (cooked or raw).

Prepare a smoothie with fresh fruits and natural sweeteners.

Leftovers from a prior balanced meal are great for breakfast, lunch, or dinner.

In short, creativity is the key to meeting your fruit and vegetable needs.

Demetrius

Send your nutrition and fitness questions to usaggnws@EUR.army.mil. Demetrius Willis is a registered dietician and a certified personal trainer.

AFAP gives the community a voice, brings out problem-solving skills

by **BILYANA ATOVA**
Staff writer

USAG Grafenwoehr held its 2007 Army Family Action Plan conference at the Chapel Annex, April 3-4. Forty delegates representing the community discussed 138 issues that possibly affect the Army quality of life.

The delegates included Active Duty, civilians and family members and were separated into six work groups: Consumer Services, Child and Youth, Family Support, Medical/Dental, Housing Relocation, and Force Support/Employment.

“I think the conference was successful because we got to make a difference as delegates,” a delegate from Consumer Services work group Kristy Savedra said.

“The conference was a success, because it took team work to make it happen and the Facilitator, Recorder, Transcriber, Issue Support team and all the delegates made that happen.” USAG Grafenwoehr AFAP coordinator Vicky Cunningham said.

The delegates prioritized 17 issues that were briefed out at the end of the conference. The following issues were selected by the delegates as the top five issues from the conference:

Issue 1

Title: Quality and discipline of service members

Scope: The lack of discipline and training in Basic Combat Training causes unit readiness, morale and unit effectiveness to diminish. Undisciplined service members force units to spend more time away from achieving the

Mission Essential Task Listing (METL). Service members today will be leading the Army in the future. If they are not quality service members today, the Army, and in turn the nation, will suffer.

Recommendations:

1. Authorize higher standardized basic combat training regardless of MOS or gender. (i.e.: BRM & EIB).
2. Refocus the training of qualified and competent service members with the implementation of military discipline.
3. Require Recruiting to be based on quality and not quantity.

Issue 2

Title: Military Clothing Allowance

Scope: The military clothing allowance is inadequate for the cost of the upkeep and maintenance of the constantly changing military uniform. With the current annual standard male rate of \$529.00 a year, service members cannot purchase the four required Army Combat Uniforms. One complete set of the Army Combat Uniform alone costs \$192. The amount allotted is not sufficient to replenish the initial issue; not to mention the other two required uniforms (i.e. Physical Training and Class A’s). If the army does not provide an adequate amount of Clothing Maintenance Allowance, then it creates undue hardships and added financial stress on the service member.

Recommendations:

1. Create a new initial issue for all service members when changes are mandated in the military uniform.
2. Authorize an increase of the amount and

frequency of Clothing Maintenance Allowance to compensate for uniform changes.

3. Require Military Clothing and Sales to improve the quality and lower the cost of uniforms.

Issue 3

Commuting allowance for off-post Soldiers OCONUS –and- Indoor swimming pool

Title: Commuting allowance for off-post Soldiers OCONUS

Scope: Due to non-availability of on-post housing, Soldiers assigned to off-post housing incur additional travel costs due to extra miles driven during daily commute to place of duty. There is no allowance to cover the additional expense. This additional cost places financial hardship on families and leads to additional wear and tear on their vehicles.

Recommendations:

Provide commuting allowance for Soldiers who reside in off-post housing.

Title: Indoor Swimming pool for USAG Grafenwoehr

Scope: There is no pool available on USAG Grafenwoehr for utilization by Soldiers and family members. Soldiers are not able to conduct water PT during morning training and meet DA mandated annual water safety requirements. In addition, students and family members are not afforded the opportunity to participate in competitive water sports and water recreational activities without being subjected to extend traveling and cultural differences at local national facilities. An indoor pool on USAG Grafenwoehr will enhance safety and fitness as well as provide additional recreational

opportunities for the community.

Recommendation:

Provide an indoor pool on USAG Grafenwoehr.

Issue 4

Title: Commissary Operating Hours

Scope: The weekday operating hours of the commissary do not allow sufficient time for the commissary patrons to shop before or after duty hours. Most consumers working on a military installation start work before the commissary opens. By the time consumers get off work there is not ample time to shop at the commissary. Not being able to fully utilize the commissary is frustrating to consumers and forces them to spend more money shopping at other retail establishments.

Recommendation:

Authorize extended weekday operating hours from 7 a.m. to 9 p.m.

Issue 5

Title: Fuel Kiosk hours at shoppette

Scope: The fuel kiosk is not being consistently operated for fuel purchases. After pumping fuel customers go inside to compete with other customers waiting to purchase non-fuel items. Long lines of customers inside the shoppette create additional wait time at the fuel pumps which leads to frustration and impedes the flow of traffic.

Recommendations:

1. Open fuel kiosk during peak customer flow hours as determined by fuel sales history.
2. Require all fuel purchases be made at the kiosk during its operating hours.

Remembering the Holocaust

Story and photo by
Master Sgt. VALÉRIE SMITH
Special to the Bavarian News

The Hohenfels EO/EEO office coordinated an overnight trip to Berlin to educate the community about Berlin and the Holocaust sites located there.

The group of 50 Hohenfels Soldiers, family members, and civilian employees toured historical sites such as Checkpoint Charlie, the Gestapo Headquarters site, the Wall Museum, and the Holocaust Museum and Memorial.

City historical sites included the Brandenburg Gate, and the War Memorial to Russia. This memorial represents the only memorial in the world in which a country recognizes the enemy they were defeated by.

The tour was guided by Mario Kothe, a native of Berlin, who works at the Hohenfels SATO office. The trip was coordinated by Master Sgt. Valerie Smith, the Hohenfels community Equal Opportunity Advisor.

This trip was part of the Days of Remembrance, dedicated to remembering the victims of the Holocaust and learning from history. The Days of Remembrance is a national directive, like Black History Month and other cultural celebrations, to promote diversity within the military.

It takes place during the end of April and first part of May.



Right on the border between East and West Berlin at the Pariser Platz, the Brandenburger Gate was the symbol of the city’s divide. Since the fall of the wall, the Brandenburger Gate has become the symbol of a reunified Berlin.

This is the Soviet War Memorial in Tiergarten, Berlin. The inscription on the side of the memorial reads: Eternal glory to heroes who fell in the struggle against the German fascist invaders for the freedom and independence of the Soviet Union The memorial consists of a semi-circular set of arches and is topped with a bronze Russian soldier. It’s also flanked by what are supposedly the first two Red Army tanks to enter the city in 1945 completely redeveloped and has regained much of its 19th century grandeur.

IMCOM honors local logistics units

IMCOM press release

Twenty-six awards were handed out during ceremonies held April 17 for U.S. Army, Europe and Installation Management Command-Europe maintenance and supply units.

The event recognized USAREUR/IMCOM-Europe-level honors for the Chief of Staff, Army, Award for Maintenance Excellence; and Chief of Staff, Army, Supply Excellence Award programs.

Local winners:

Category Level IV (A) MTOE Supply Support Activity: Alpha

Company, 173rd Support Battalion, Bamberg, Germany.

Category Level IV (A) Supply Support Activity: Regional Supply Support Activity, USAG Grafenwoehr, Germany.

Honorable mentions:

Category Level I MTOE: Headquarter and Headquarters Company, Joint Multinational Training Center, Grafenwoehr

The honorees were judged and recognized for their successes in such areas as customer support and initiatives. For example, Heidelberg’s Installation Property Book Office was

noted for having a 99.3 percent customer satisfaction rate while Grafenwoehr’s Regional Supply Support Activity supported the 2nd Cavalry Stryker Regiment’s arrival.

“All garrison activities that participated in this year’s Logistics Excellence Award Programs are commended for their efforts to compete but, more importantly, for their daily efforts to take care of Soldiers,” said Jim Eaves of the IMCOM-Europe Logistics Division.

The chief of staff winners will be announced later this year.

Prehistoric exhibit opens in Grafenwoehr

Story and photo by
BILYANA ATOVA
Staff writer

“Why was Bavaria once upon a time located near Africa? What are ammonites? Are there still dinosaurs today?”

These are some of the many questions that Dieter Freitag, from the Geological Archive, Fuerth, and one of the project managers of Prehistoric Travels through Northeastern Bavaria poses. And he says the answers and plenty more interesting information can be found at downtown Grafenwoehr’s Historical and Cultural Museum exhibit “Prehistoric Travel through Northeastern Bavaria.”

Geological exhibits kicked off at the U.S. Army Garrison Grafenwoehr’s Bldg. 244 April 30 and at the 1st Upper Palatinate Cultural and Military Museum April 15. Both exhibits will be on display until Oct. 30.

Both exhibits outline geological, mineralogical, botanical, and zoological artifacts and educational charts. The geological setting of the region is impressive with more than 600 million years of the Earth’s history documented by rocks found in Bavaria.

Visitors will experience a fascinating journey through 250 million years with the aid of numerous fossils such as ammonites, shells, sparkling minerals, and fossilized wood and logs.

“We even have people from the community who offered fossils for the exhibit,” said the exhibit project manager and USAG Grafenwoehr librarian, Cornelia Camerer.

Highlights of the exhibit include a life-size model of the prehistoric bird Archaeopteryx—the “ancestor of birds.” There are five original castings on display from only 10 discoveries that have been found worldwide.

“It is the star of the exhibit,” said Camerer.

The exhibition is only one part of a number of natural history and geological programs, events, and excursions that the garrison will participate in.

“The project is important for Grafenwoehr because we had the

opportunity to do something together,” said Camerer of the multinational project.

The aim of the project is to promote the study of geology with a special emphasis on paleontology. In addition to the exhibit, several trips and lectures are scheduled.

Six seminars and lectures presented by university professors will be offered on Garrison Grafenwoehr. The seminars will provide an analysis of the paleontological and geological history of Northeastern Bavaria.

Family and adults trips will range from a visit to an organic vineyard to a real gold mining museum.

Even this year’s library Summer Reading Program is designed to complement the exhibit—prehistoric travel. The theme, Get a Clue, is an opportunity for children to learn about dinosaurs, fossils, caves, and rock formations throughout the Northeastern Bavarian region.

Camerer said it is a great opportunity for Americans to enjoy Germany and at the same time to learn more about what is here in Bavaria, “a great deal of history.”

The paleontological exhibit is open to visitors in Bldg. 244 Mon.-Fri., 8 a.m. to 4 p.m.

For more information about the exhibit and library events, call DSN 475-1740 or CIV 09641-83-1740.



The Prehistoric bird “Archaeopteryx”, the ancestor of birds, is the star of the exhibits “Prehistoric Travel through Northeastern Bavaria”. There have been only ten Archaeopteryx discovered world wide.

VES honors students for improved academics, citizenship with dinner

Story and photo by JODI WARD
Staff writer

Crisp linens, fine china, fresh flowers, and accommodating servers are to be expected at a fancy restaurant, but certainly not in an elementary school cafeteria. For one day each quarter, however, the Vilseck Elementary School cafeteria is transformed into such a place for a special group of students.

“Dining at the Ritz,” a luncheon held at the end of the first, second, and third terms, honors students with high academic achievement and students that are the most improved in academic achievement for the quarter.

On April 19, 17 special fourth- and fifth-graders were in the spotlight, eating their specially prepared lunch at a beautifully set table in front of their parents and fellow classmates.

Two students per class are chosen by their teacher based not only on academic achievement, but hard work, improvement, and good citizenship.

“Every student has the opportunity to be recognized,” said VES principal Nancy Hammack. “It’s about doing the best you can, not just about getting straight A’s, but improving and doing

your best,” she said.

The program was started in 2001 by the former Gifted Education teacher, Courtney Somers, said school counselor and “Dining at the Ritz” organizer Febbie Ramsey.

“It’s a great thing,” said Ramsey who has been at VES for six years. “It makes (the students) role models for others who will emulate their success,” she said.

“Plus, the kids just think this is so special.”

And the parents agree. Mother of one honoree, Gina Kyle, said that her son, fifth-grader Elijah Kyle, was motivated by his watching his sister dine at the “Ritz.”

“My son watched my daughter do this, and this was his last opportunity to be chosen before we move. He was so excited when he found out,” said Kyle.

“We really appreciate the school taking the time to recognize our kids,” she added.

Anyone could tell, just by the looks on their faces, that the children appreciated the recognition as well.

Brianna Coleman, a fourth-grader in Ms. Karin Wojcik’s class, explained why this luncheon was so exciting:

“they asked if we wanted chocolate or white milk,” she said, “and they pushed in my chair for me.” Her favorite part of the meal, however, was the ice cream.

NaQuan Jones, also in Ms. Wojcik’s fourth-grade class, said that he was “dining at the Ritz” because of the hard work he put into bringing his grades up. Fifth-grader Adrianna Ramos said that she was being honored, because “I have good grades.”

Callahan McCann just shrugged when Hammack asked why he was being honored. “Come on,” she said. “It’s not just because you’re handsome, right? You’ve been a good student!” she reminded the boy who was dressed for the occasion, decked out in a suit.

Tracy Jones, a Vilseck Community and Spouse’s Club member and “Dining at the Ritz” volunteer, explained why she decided to spend the afternoon as a waitress, “I think this program is wonderful and I’d like to see it continue.”

“You always hear about the kids who act up, but not always the kids who are doing what is expected. It’s nice to give them extra recognition,” Jones said.



VES principal Nancy Hammack dined with 17 special fourth- and fifth-graders April 19, at a luncheon held in their honor. Hammack, pictured here with Callaghan McCann, said that the luncheon is a great way to recognize the hard work and good citizenship of the VES students.

Though there won’t be a “Dining at the Ritz” luncheon for the fourth quarter, students needn’t wait until next year to work on improving their grades or citizenship. Ramsey has a few words of advice for students who aim to eat at the desirable VES “Ritz,” “work hard, set goals, and be consistent,” she said.

AFN Bavaria’s Sean Patrick provides quality entertainment for Soldiers away from home

by JODI WARD
Staff writer

What looked like an interesting option on the list of Military Occupation Specialties when enlisting in the Army has turned into an award winning career in broadcast journalism for the Armed Forces Network Bavaria’s Sean Patrick.

After only 10 years in the field, Patrick has been awarded three Keith L. Ware awards, which recognize military and civilian employee print and broadcast journalists for excellence in furthering the objectives of the Department of the Army. He has also been awarded two and nominated for a third Department of Defense Thomas Jefferson Award, the highest honor for both military and civilian DOD print and broadcast journalists.

Humble beginnings

In 1996, fresh out of high school, the then 18-year-old Bryan’s Road, Maryland native decided to stop by a recruiting office while visiting his father in Nashville, Tennessee.

Sitting in the recruiter’s office after taking the Armed Services Vocational Aptitude Battery or ASVAB test, Patrick evaluated his career options. Among them were, Infantryman, truck driver, and although the recruiter tried to convince Patrick to join the



Patrick

Army as a Microwave Radio operator, one MOS stood out- #46 R Broadcast Journalist.

“The bottom line for me was that I wanted the G.I. Bill, this job offered it, and it just looked pretty interesting to me,” said Patrick.

“That’s really all there was to it,” he said, “I really didn’t know anything about (the field).”

It wasn’t all smooth sailing from there, however. While stationed at Fort George G. Meade in Laurel, Maryland for Defense Information School, Patrick said he nearly failed his radio broadcasting course.

“I came within a hair of failing radio school,” Patrick admitted. “It was kind of a crash course and I’ll never forget it. I wasn’t doing very well during the radio piece of the course.”

“The last day before I had to get just so many points, this Gunnery Sgt. (Sgt. Bob Beyer) called me in his office and gave me five counseling statements. He told me ‘you have to know, you may not pass this class, and here are the reasons...’

“Well, I left there with tears,” said Patrick, “but I just gave it my heart the next day and passed,” he said with a chuckle.

A Career with AFN

With the tests and training behind him, Patrick headed to Frankfurt where he first joined the AFN team, filling a variety of basic, behind-the-scenes jobs in network operations.

“Looking back, I think they were playing jokes on me,” reflected Patrick. “I had this Navy guy I worked for, he would say ‘go down and take all the film off of all the reels in the

basement,’ because believe it or not, at that time we weren’t digital.

“I had a couple of NCOs come down and tell me it was wrong, but I had an order, I had to do it,” Patrick explained.

It was there at AFN Frankfurt, now called AFN Hessen, that Patrick met his first mentor, the morning radio host at the time, Andy Mahoney.

“I studied under him for a while,” recalled Patrick. “I got worked in; eventually they let me do a few shows.”

In 1998, Patrick began hosting his own afternoon radio show, and after some time, took over the morning show, where he found his calling.

The next year, Sean Patrick’s morning show took the Keith L. Ware award for best in the Army and went on to win the Thomas Jefferson award for best radio show in the Department of Defense.

“I enjoyed (hosting the radio show). It was fun, and I felt like I was doing something important,” he said.

“I was the first one up in the morning, telling people what they needed to know- what happened over night, back in the States, if there was an accident or delays.

“I had fun, I played games, and I formed relationships with the people who would call in. I even made up songs about them that I would sing on the radio,” Patrick recalled.

The fun continued until Patrick’s enlistment was up in August, 2001. But rather than packing up and leaving the military community for the States, Sean Patrick made a decision to stay with AFN, taking the only job available, bringing him back to his humble beginnings in Network

Operations.

“I just wanted to stay and that was the option I had,” Patrick explained. “I just really enjoyed AFN. I enjoyed working in the military community. I thought it was a unique place to live, a unique place to work, and I loved what I did,” he said.

Though he wasn’t ordered to remove film from reels anymore, Patrick found that behind the scenes just wasn’t a “fit” for him.

In 2004, Patrick was contacted by the former station manager of AFN Bavaria, Pete Taylor.

“He told me ‘you’re going to waste in the network operations area, would you like to come here?’ so I applied, and I won.

“So I came here to Vilseck in January 2005.”

Patrick started out working in television for AFN Bavaria, and quickly made a name for him self, producing, in addition to daily news missions, a successful documentary on the 1st Infantry Division’s deployment in Falusia, Iraq. The documentary received much recognition, and was picked up by the Pentagon Channel.

“From a broadcasting standpoint it was a knockout,” Patrick said about his first major production. “It was very successful, especially for my first major television project. The commander of the Soldier’s Media Center, the head of the Army broadcasting, just really loved it,” he said.

That same year, Patrick went on to win more acclaim for the local newscast he co-produced with Staff Sgt. Shannon Wright. They were awarded the M.G. Keith L. Ware for

best in the Army, 2005, and the Thomas Jefferson Award, for the best newscast in the DOD.

In 2006, with two Keith L. Ware awards and two Thomas Jefferson awards under his belt, Patrick moved from television back into radio broadcasting to help with the launch of the *Eagle* radio station in April of that year.

“They tapped me to host the network show, which I did for the first year,” he said.

Patrick’s lunch-time radio show on the *Eagle* has just won him yet another M.G. Keith L. Ware award, this time for Best Civilian Broadcast Journalist in Army, and has him up for consideration for what would be his third Thomas Jefferson award.

“I have a very fond relationship with radio, but I enjoy TV too, it’s challenging.

“I really enjoy all aspects of my job. One year you anchor the local news on TV, and the next they want you to be the D.J. for lunch time. It’s pretty wild,” he said.

Sean Patrick is currently the news director for AFN Bavaria. The 28 year old has been married to his wife Rachel for two years, and they have a 16 month old daughter, Loraine. Patrick is also currently working towards a degree in Communications through the University of Maryland.

Patrick said that he is proud of his awards and accomplishments, but more than anything, really enjoys what he does.

“It’s kind of corny,” he said, “but I love serving the audience I serve. I’ve been in their shoes; I was a Soldier before. There are so many facets of this job that I enjoy.”



Look for AFN online at www.afneurope.net/bavaria, or on the radio!

AFN Bavaria Radio Frequencies			Grafenwoehr	
Town	AM	FM		
Amberg	1107	90.0	Hohenfels	1485 89.4
Chiemsee		90.3	Nurenberg	107.4
Garmisch	1485	90.3	Katterbach	107.4
			Vilseck	1107 107.6

MPs teach kids about safety through Kinder Cops program

Story and photo by BILYANA ATOVA
Staff writer

The old adage—age is just a number—proved true April 10 when 21 children, ages 6 to 12, conducted traffic stops and wrote motorists tickets in front of the Garrison Grafenwoehr School Age Services building.

The Kinder Cops on Patrol program is in its second year at the garrison and took place in the Grafenwoehr and Vilseck communities as part of the Month of the Military Child.

“I got the idea from the German police,” said military police Sgt. 1st Class Tony Hockensmith. “It is a fun concept. You reach out to the kids and show them a profession they can do.”

The Kinder Cops conducted car checks in true police fashion, checking cars, driver’s licenses, and vehicle registration. During car inspections, they tested car horns, turn signals, brake lights, and ensured motorists were carrying the mandatory warning triangle and first aid kits.

Drivers who passed the inspection were rewarded with a sticker and candy, but if the Kinder Cops found a violation, drivers were given a “ticket.”

“I think it is great,” said Jasmine Morales, who received a “citation” for driving without her registration. “It is good that kids start early knowing what safety is.”

While checking the cars, the MPs explained to the kids the importance of being safe on the road and why motorists should have a first aid

kit in the car at all times, a requirement which most drivers failed.

“It helps the kids to feel that an MP is friendly enough for when they really need them,” said Staff Sgt. Arvey Jones, another driver checked by a Kinder Cop.

There program had two goals: “The first is to get the kids involve for a career sort of thing,” said Hockensmith. The second, he said, was to give the adult drivers an idea of what they are supposed to have.

“(This) gives the kids a choice in their career and life” and allows them to build right versus wrong values, said MP Staff Sgt. LeJohn Washington.

The Month of the Military Child is an annual event to celebrate the contributions military children make.

“The Month of the Military Child is not something we have to do, but we take it very seriously,” Sonya Douglas, Child&Youth Services Program Operation Officer, said.

There are different organizations that participate each year, and each year CYS tries to make it more of a special occurrence.

“I think it is very important, a valuable part of the community. It says we care about you and we celebrate you,” Douglas said.

While the event is not yet Army-wide, it is spreading rapidly from post to post, especially throughout non-Stateside posts, where the difference between military and civilian kids is more dramatic.



Jaylen Dawn gives a ticket to Jasmine Morales as part of the program Kinder Kids on Patrol, in front of the SAS building at Grafenwoehr, April 10.



Hohenfels Elementary School welcomed spring at their pirate-themed carnival held March 30. Activities included face painting, obstacle courses, and a version of the Amazing Race. The entire community, including the school’s staff, PTA, students from the high school, and ACS helped make the event a huge success.

Photo by Garry Barrows



Photo by Scott Rouch

Arianna Gatewood, 16, springs forward in the broad jump under the watchful eyes of the USAG Schweinfurt SKIES director Tom Williams.



Photo by Jodi Ward

Barbara Bosel, 4, sits very still as a butterfly is painted on her face to match her pretty butterfly dress at the Vilseck Kinderfest held April 28.



Photo by Jodi Ward

Shelby Brown, 13, poses with CDC director Joann Valenzuela after playing with ooblick, a gooey mixture of cornstarch and water, at Vilseck’s Kinderfest, April 28. “All of these activities are meant to strengthen children’s skills,” said Valenzuela. She said that when kids play with ooblick they are not only having fun, but strengthening their fine motor skills as well.

Not following standard is selfishness

Standards are for everyone. It does not matter if you agree with them or like them, it does not make a difference what your rank or time in service is.

We are all required to follow our service regulations and our commander's policies - service-members and civilians working for the



military alike. None of us have a choice in the matter, and once a commander has made a decision and put out a standard, regulation or a policy, our opinion does not matter.

Standards ensure our safety, improve our quality of life, and most importantly, enable us to accomplish our mission.

When you willfully fail to follow the standard or see a standard being violated and do not make a corrective action, you need to ask yourself if you are in the right profession, because you have become part of the problem.

Not doing what is right is an act of selfishness. Not thinking about the team and

remembering we are a part of something bigger than ourselves is unprofessional.

Our uniform belongs to the United States government, and we have to earn the right to represent our country every day by doing what we are expected to do. It is a privilege, not a right, to wear our uniforms. And represent our country. So learn the rules and wear it correctly, in the field and garrison.

Handle weapons correctly and drive vehicles safely. And comply with all standards, all the time, and do not be a part-time Soldier or airman.

Ignorance is not an excuse; we are all supposed to seek the information we need to

do what is right. That is what professionals do!

Do not take short cuts. Learn and follow standards. Care for others by helping them comply with the standard.

Be a member of the team that we can all count on and be proud of. And that our country can be proud of!

"Train to Win" and be "Army Strong"

*CSM Jose Santos
U.S. Army
Garrison Hohenfels*

Shakers net awards for Best Ensemble, Comedy Director

by JOANNE LOVE
Special to the Bavarian News

The Patrick Henry Village Pavilion in Heidelberg was the site of the 2007 IMCOM Europe Tops in Plays "Topper Awards" ceremony April 21.

Twenty-two Army and Air Force theatre companies participated in the competition, which started in January and ended in April.

A panel of three theater adjudicators visited a performance from each of the communities, and awards were presented in 21 separate categories ranging from Costumes and Makeup to Best Actor and Actresses. The categories were for Drama, Comedy and Musical.

During the three-and-a-half hour presentation the Topper singers entertained the audience by starting with "Twenty Seven Current Broadway Songs in Fourteen Minutes".

Each of the categories was introduced with a compilation of Broadway songs.

The Hohenfels Box Seat Theatre's production of Shakers was nominated in five categories, including Best Female Youth Performance (Hannah Porter), Best Actress in a Comedy (Maria Diaz) and Best Comedy (Shakers). In the final two categories the Box

Seat brought home the Top Awards.

The cast of four (Rosemarie Smith, Ellen Schuman, Hannah Porter and Maria Diaz) were chosen as the Best Ensemble Cast which was in competition with the Vicenza Soldiers Theatre production of "Bleacher Bums;" Heidelberg Roadside Theatre's "A Few Good Men," Spangdahlem ACT Eifel's "The Little Prince," SHAPE Entertainment Center's "The Odd Couple (female version), and Kaiserslautern KMC Onstage's production of "Rumors."

The final award for the group was in the Best Director of a Comedy category.

Competitors included Ross Daniels (Vicenza Soldiers Theatre - "Bleacher Bums"), Dan LaMorte (SHAPE Entertainment Center - "The Odd Couple"), Richard Roberts (Kaiserslautern KMC Onstage - "Rumors"), and the winner was Hohenfels Box Seat's Joanne Love for "Shakers."

All participants deserve congratulations.

U.S. Army Garrison Hohenfels Deputy Garrison Commander Chris Saucedo was in attendance and presented some of the awards.

The next INCOM Europe competition will take place in October at the Festival of One Act Plays at the Heidelberg Roadside Theater.

Students track 'criminal' via DNA

By MICHELE WOLFF
Special to the Bavarian News

Thea Barks, Hohenfels High School biology teacher, took her AP Biology and Human Anatomy & Physiology classes together with Rena Mesch, CYPA at the Teen Center, this spring to the Zentrum Neue Technologien at the Deutsches Museum in Munich to perform a DNA Fingerprinting lab.

With the help of "fingerprints", the students were able to solve a fictional crime. DNA samples of five suspects and DNA found at the crime scene were cut with enzymes, sorted by size, and evaluated.

The students had a chance to practice some new lab techniques, use some sophisticated equipment, and work with restriction enzymes, gel electrophoresis, and banding patterns.

The instructor was Tung Gia Du, who is working on his doctorate in biochemistry at Munich University. The lab took three hours with only a ten-minute lunch break.

The mission was to find the criminal based on his DNA. The students had a sample of DNA that was found at the crime scene and had some suspects that they had to compare to the DNA that was found at the scene.

Before beginning, Du taught them how to calibrate the micropipettes.

A major part of the lab was preparing gel trays and waiting for the gel to set.



Photo by Thea Barks
Students Kristi-Rene Welch and Jamie Cox extract DNA from a tomato.

During waiting times, Du lectured on the theory of the lab, and the students performed a shorter lab where they extracted DNA from a tomato to observe what DNA looks like.

After the gel was set in the trays, the DNA samples were loaded into the slots on the tray.

This procedure required a steady hand and concentration so the DNA ended up in the slots and nowhere else.

The gel trays were then placed in the developer and left until the results could be read.

All groups identified the suspect correctly. Everyone who participated in the lab received a picture of the DNA fingerprints to take home.

2007 Volksfest



Photos by Garry Barrows

Staff report

The 37th Annual Hohenfels German American VolksFest was held April 20 - May 1 and came complete with clear summer summer skies and all of the fun and excitement that residents have come to expect and enjoy over the years.

While the ferris wheel did not make an appearance this year, many of the favorite rides like the Dodg'em Cars and the Scrambler were there to

thrill kids of all ages.

Outstanding daily entertainment in the newly expanded Fest Tent and midway attractions like sumo wrestling, human foosball, and fireworks were warmly received by visitors.

The closing weekend featured the second annual Hohenfels Cooking Classic, the German American soccer game, and three Volksmarches starting with the Kinder (elementary school) version April 27.



Above: The judging of the Second Annual Hohenfels Cooking Classic. There were four categories, chocolate cake, pies, cheesecakes and kid's creations. Four local Burgermeisters from Velburg, Kastl, Schmidtmuehlen, and Hohenfels participated in the judging of the contest. Their names are Herr Kraus, Herr Braun, Herr Braun, and Herr Bossle.

At left: A Hohenfels player shoots towards the goal. The Burgermeister team won 7-1 in the German-American Friendship Soccer Game.



Students out to Slovakian youth during Club Beyond community service trip

by **CHRISTOPHER HOWARD**
Special to the Bavarian News

On Easter Sunday 26 high school youth and 11 adult leaders from U.S. Army Garrison Hohenfels loaded up a bus and headed for Liptovsky Mikulas, Slovakia.

The team met up with 16 other buses with youth and adult leaders from 28 other military installations throughout Europe.

The Club Beyond Service Project 2007 had a total of 912 participants, which included youth, adult leaders, translators, and support staff. The team from Hohenfels was joined by 11 youth and adult leaders from Shape in Belgium to serve the school of Okolicianska. This group of 34 youth and 15 adult leaders was one out of 16



Lucas Hoss tries to maintain possession of the ball while playing soccer with Slovakian youth.

sites.

At Okolicianska, the team built an outdoor classroom/gazebo and painted an exterior portion of the school.

Along with the physical construction, the group spent time with the Slovakian children, ages 6-15.

Each day, the military youth spent time in English as Second Language classes, German classes, VBS, sports ministry, and Club.

The relational ministry was aimed at demonstrating Christ's love with the people of Slovakia.

While all of the youth participating could have been doing the normal spring break activities, each of them chose to spend their week serving another community.

Chris Howard, Club Beyond Community Director for Hohenfels stated that "often, we as adults, tell our youth what not to do." However, he said parents and community members should spend more time encouraging youth to get involved in activities such as these.

While the week was full of fun and service, the team at Okolicianska had an added surprise.

On Thursday, the U.S. Ambassador to Slovakia stopped by to see the work that was being conducted and to talk with students and adult leaders.

The ambassador praised the youth and volunteers for their commitment. He pointed out that the students were serving as ambassadors of the United States for what they were doing throughout the week. At the end of the week, several youth were asking if they could stay longer or when the next trip would be.

Not only will there be more trips, but everyone is welcome to participate.

The team from Hohenfels consisted of Kirstin



Photos by Travis Sneed

Chris Howard escorts Rodolphe "Skip" Vallee, the U.S. ambassador to Slovakia, around the club's community service site.

Arnold, Tori Artman, Tristan Artman, Meghan Greene, Morgan Helbling, Katie Hoss, Rachel Milock, Emily Mittag, Hannah Porter, Katie Rose, Kate Schumann, Kelani Schumann, Kayla Starnes, Ian Newell, Nathan Davis, Christopher Fisher, Jordan Gaddy, Marcus Gaddy, Layne Headrick, Lucas Hoss, Nino Jessup, Justin McBride, Ray Odum, Gary Wayne Robertson, Andrew Rose, Russ Starnes, Shannon Billig, Beth Fitzgerald, Ellen Schumann, Gary Philman, Drew Schumann, Travis Sneed, Stephanie Headrick, Christine Philman, Ashley Martin, Jarrod Gozy, Mike

Mittag, and Christopher Howard.

Upcoming Events for Club Beyond Hohenfels: High School Beach Break at Camp Darby, Italy, June 15-22.

See the leaning tower of Pisa, Cinque Terra, visit a water park, the American Beach, or dive off of rock cliffs into the Mediterranean.

The cost is \$375 (includes everything). Contact Christopher Howard at CIV 015114943311 or christopher.s.howard@eur.army.mil for more information.

The Middle School Beach Break will take place the following week—June 24-30.

JMRC Soldiers train NATO forces to combat IED hazards

Story and photo by
SPC. JERRY WILSON
JMTC Public Affairs

Soldiers at the Joint Multinational Readiness Center in Hohenfels shared their knowledge of how to react to improvised explosive devices during convoy operations with 40 Soldiers from 12 NATO countries during a recent NATO train-the-trainer counter-IED exercise.

According to Lt. Col. Rodney Butler, NATO counter-IED training coordinator, Allied Land Component Command in Heidelberg, this 10-day training course was designed to teach coalition forces how to train Soldiers preparing for deployment to Afghanistan how to deal with the ongoing threat of IEDs. Since the course began last summer, about 150 students have received this training.

"The intent of this training is for them to see a U.S. counter-IED training model and develop their own national counter-IED training events," said Butler. "In the first week, the

students get an understanding of the operational environment — Afghanistan in this case. They are then instructed on how the enemy is currently using the IED."

Following the overview, students learn what NATO is doing doctrinally in regard to counter-IED training, and given instruction in conducting convoys and recognizing improvised explosive devices, said Butler.

NATO troops watched Friday as Soldiers from the 1st Battalion, 4th Infantry Regiment ran through three training scenarios and reacted to various IED situations.

During the first exercise the platoon conducted a patrol and an IED was detonated in their area.

The second scenario involved the platoon setting up a traffic control point. A vehicle containing an IED was driven through the point. If the Soldiers failed to identify it as such, the explosive device would be detonated.

In the last stage, the convoy encountered an explosive during a



routine patrol followed by a complex ambush by enemy forces.

Capt. Dan Young, an engineer observer/controller for the Joint Multinational Readiness Center has been instrumental in development of the course curriculum.

"We start with the big picture of deployment training and in that lens,

where IED awareness fits in," Young said.

He said the big picture is then worked down into a situational exercise.

"We show them the different systems we used to replicate IEDs and the different tools we use," said Young. "We show them how we do it

Soldiers from the 1st Bn., 4th Inf. Regt. react to an ambush following the detonation of an IED during a demonstration for the NATO counter-IED train-the-trainer course at Hohenfels.

so they can take the bits and pieces they can incorporate into their training and use it."

The NATO students say they found the course enlightening. 1st Lt. Juozas Giroudskas of the Iron Wolf Brigade from Lithuania is one of the students involved in the course.

"It has been useful for us to learn the planning operations for each mission and how to design these exercises," Giroudskas said. "I hope to use the subjects I have learned during this course during training with my Soldiers when I return home. With this training, I feel we will be able to achieve tremendous results."

The next train-the-trainer course is slated to be held this summer.

Animal contests to highlight Pet Week at Vet Clinic Saturday

By **GARRY BARROWS**
Staff writer

A special appearance by Whiskey, the Harris Hawk, is one of the attractions of National Pet Week that will take place Saturday at the Hohenfels Veterinary Clinic, Bldg. 746.

But that is not the only reason to be at the clinic by 8 a.m.

Two contests open to all Hohenfels personnel will be held: one to reward the pet that can do the best trick will begin at 8 a.m., followed by the second contest to determine the best-dressed pet, with a first place prize in each contest being awarded.

There is still time for pet owners to fine tune their guinea pig's piano concerto or get their dog's tuxedo dry cleaned before the big day.

"This National Pet Week celebration is a good way to concentrate focus on the proper care of our pets.

It is important for all family members to understand that good medical care can extend

your pet's life," explained Maj. Boris Brglez, Hohenfels Veterinary Clinic Director.

The national event, sponsored by the American Veterinary Medical Association, has been in existence for more than 20 years.

There are several other festivities connected with Pet Week.

The library will present 50-minute movie presentations of "All Creatures Great and Small" daily beginning at 3:15 p.m. today through Friday.

The event will include a 20-minute live clinic on pet care conducted by

Dr. Brglez after each presentation.

Each film and clinic will focus on a different group of animals including dogs, cats, fish, rabbits, and birds.

The library will also conduct a pet photo and essay-writing contest with prizes awarded in each category.

The three divisions are elementary/middle school, high school, and adult.

Entries with the completed entry form must be submitted to the library by Monday.

They will be on display through May 16 and a first prize of a Commander's Coin of Excellence will be awarded in each category May 17.

While there, participants can register for a raffle for a 20-gallon aquarium with all accessories.

The drawing for the aquarium will take place on Saturday immediately after the best-dressed pet contest at the clinic.

Attendees can enter the drawing at the library or the day of the pet show at the veterinary clinic. You must be present to win the aquarium. All prizes were donated by AAFES.

In addition to the contests, the Vet Clinic will be offering special Saturday hours for vaccination and exams only, no sick call.

After the aquarium winner is chosen, the clinic will accept walk-ins until 10 a.m.

From 10 a.m. until noon, the clinic will be open and offering vaccination and pet exams by appointment only.



Photo by Maj. Boris Brglez

Staff Sgt. Rebecka McCollough with her Weissen, a long hair chihuahua, and Bart, a retired military working dog and the clinic's official mascot, will attend Pet Week.

Grafenwoehr/ Vilseck Briefs

Autism support group meets

Special needs at USAG Grafenwoehr Autism Support Group will meet May 9, 11:30 a.m.-1 p.m. at the Vilseck ASC in Bldg. 322.

Red Cross courses offered

The following community training courses are available:

- Volunteer Orientation: Vilseck office, today, 9:30 a.m.–11:30 a.m.
- First Aid: Vilseck office, May 19, 8 a.m.–noon, \$25
- Babysitter’s Training: Grafenwoehr office, May 21-23, 3:30 p.m.–6 p.m., \$35.00
- Adult/Infant Child CPR: Grafenwoehr office, June 2, 8 a.m.–4 p.m., \$30.00
- Volunteer Orientation: Vilseck office, June 6, 9:30 a.m.–11:30 a.m.
- First Aid: Vilseck office, June 9, 8 a.m.-noon, \$25

Pre-payment is required for all training classes. Stop by either the Grafenwoehr or Vilseck office to make payment (exact cash, check, or money order).

Call the Red Cross offices at DSN 476-1760, CIV 09662-83-1760 or DSN 475-1760, CIV 09641-83-1760.

Garrison School Update

May 17: Early acceleration for students must meet the following requirements: sponsor must provide PCS orders or a written request to the registrar at least 30 days prior to the departure date; the student must be in attendance up to and including the date of May 17; the student must complete all accelerated work requested by teachers and teachers must sign off that work is accepted and completed no later than one week prior to accelerated withdrawal date; and all students requesting an acceleration must have the approval of registrar, counselors, and principal.

June 14: Last day of school. Early release about noon all schools.
School Contact Numbers:
VES 476-2812
GES 475-7133
GMS 475-9500
VHS 476-2554
School Transportation 475-9525

Parent to Parent workshops

■ Today–Successful School Transitioning: A SKIES workshop while you wait–open to the public! At Vilseck’s Dance Studio, Bldg. 221, at 6:50 p.m. Whether it is your child’s first transition or just another of many, there is much you can do to help make the transition easier for you, your child and the new school. We will offer helpful ideas, tools and resources that can help your family as they anticipate a move or adjust to a new community.

■ May 16- Smooth Moves! Planning for a Successful Transition: A SKIES workshop while you wait–open to the public! At the Graf Field House, Bldg. 457, 4:45-5:45 p.m. Whether it is your child’s first transition or just another of many, there is much you can do to help make the transition easier for you, your child and the new school. We will offer helpful ideas, tools and resources that can help your family as they anticipate a move or adjust to a new community.

■ May 22– Surfing the Waves of Education: A web-based workshop. Stop in anytime between 11 a.m.–1p.m. at the Vilseck Digital Training Facility, Bldg. 355. This workshop will help you become familiar with the many different electronic resources available to help the mobile military child as well as the college or career bound student.

■ May 30– Smooth Moves! Planning for a Successful Transition: Noon in the Vilseck CYS conference room, Bldg. 224. Research shows that the more involved the parent is in the child’s education the more academic success the child experiences. Learn ways to become involved in your child’s life in the classroom as well as in the community. For more information, contact us at CIV 0175-648-2777 or GrafVilseckParent2Parent@yahoo.com.

Register now for Cub Scouts

Grafenwoehr Cub Scout Pack 261 is currently registering boys in grades 1-4. Upcoming programs include family camping, a space derby and rocket building competition, Cub Scout Day Camp and Resident Camp-fishing,

archery, and bb shooting.
E-mail bsa-pack261@hotmail.com or call Jean Boyle at CIV 09641 835308.

UMUC-Europe Term 5 registration begins May 21

UMUC-Europe announces the beginning of Term 5 registration, May 21 through June 1. Students may visit UMUC-Europe online at www.ed.umuc.edu for a listing of Term 5 undergraduate and graduate courses leading to a certificate or associate’s, bachelor’s, or master’s degree in a broad selection of disciplines. On-site classes begin June 4 and end July 28, and online distance education courses begin June 4 and end August 19.

We encourage all students to complete a new Free Application for Federal Student Aid and a UMUC-Europe scholarship packet for the 2007-2008 academic school year.

Sexual harassment refresher course made mandatory

All civilian personnel in the IMA-E region, to include military service members that supervise civilian employees, must complete this refresher training for FY 2007 at the following link: <http://training.newmedialearning.com/pslh/usarmymimae/message.htm>.

All new employees that have not taken the initial classroom training within the past two years must do so prior to participating in this online course.

To schedule initial POSH training, contact the EEO Office at DSN 475-6390/8360. Next training is scheduled for May 4. Local Nationals are also encouraged to complete this training.

Register now for force health protection conference

Registration is open for the largest Department of Defense public health gathering, the Force Health Protection Conference, held August 4-10 at the Galt House Hotel, Louisville, Ky.

The multidisciplinary conference, hosted by the Army Center for Health Promotion and Preventive Medicine, is open to the military and civilian public health community, including active-duty military, reservists, DOD civilians, Veterans Affairs and U.S. Public Health Service professionals, educators and business partners. There is no registration fee to attend.

Registration, the call for papers and the exhibitor prospectus are available at <http://chppm-www.apgea.army.mil/fhp>.

Required Army substance abuse training offered online

Per AR 600-85, all Soldiers are required to complete four hours of substance abuse awareness training during the fiscal year. Additionally, the requirement for civilian employees and supervisors is three hours of substance abuse awareness.

To assist Soldiers, civilian employees, and supervisors in meeting this requirement, several Power Point presentations have been developed for use on the Garrison Intranet at <https://intranet.grafenwoehr.army.mil>.

For additional information, call DSN 476-3469 or CIV 09662-83-3469.

Tactical vehicles parking not allowed on Graf Main Post

Tactical military vehicle parking is prohibited on Grafenwoehr Main Post unless approved by the Commander, 7th U.S. Army Multinational Training Command. Areas such as the Main Post Theater parking lot and behind Burger King are no longer authorized parking areas.

Call DSN 475-7166 for more information.

Services changing locations means limited support

On Tuesday, Civilian Misconduct is moving from Bldg. 621 in Grafenwoehr to Bldg. 244, Room 240 on the second floor in Grafenwoehr.

Red Cross is moving from Room 202 into Room 220, second floor in Bldg. 244. IACS will be moving from Room 220 (second floor) into Room 134 (first floor) in Bldg. 244.

Due to the move there will be limited personnel support.

Beatallica plays Amberg

The band Beatallica, a Beatles and Metallica mesh out of Milwaukee, will play at the Rockdomizil in Amberg on Sunday at 8p.m. For more information, call CIV 040-3507-8818.

European Signal Regimental Ball set for Saturday

Saturday: Join us at the Patrick Henry Village Pavilion in Heidelberg, Germany. Tickets are \$35 each and can be purchased online at <http://www.europeansignalregimentalball.com/> The theme for this year’s ball is Signal Warriors, Army Strong!

Mandatory SAEDA training set for May 15

The next quarterly Subversion and Espionage Directed against the Army SAEDA) training for the Grafenwoehr and Vilseck communities will be conducted on May 15. This training is a mandatory annual requirement for all DOD personnel including military, AF/NAF (both US and LN). Session schedules are as follows:

- Vilseck Post Theater, Bldg. 354: 9-10:30 a.m. for US personnel, 11 a.m.-noon for LN personnel
- Grafenwoehr Tower Theater, Bldg. 620: 1-2:30 p.m., 3-4 p.m.

Due to seating limitations at these facilities, 2SCR personnel are requested to contact the Regimental S2 for training times and locations for your organization.

Polynesian dance group to perform May 30

May 30: The Polynesian dance group will perform native and cultural dances in authentic dress and costumes. A Mongolian style barbecue will also be available. The event is at the Rose Recreation Center, Bldg. 227. The barbecue begins at 5 p.m. and is pay-as-you-go. The show starts at 7 p.m. and is free to all. For more information, call Neville Paschall at DSN 475-6519 or e-mail neville.paschall@us.army.mil.

See Germany through Graf library sponsored events

Sunday: Plzeò Liberation Tour: Annual Liberation Festival to celebrate spring and to honor those who fought to wrest control of Bohemia from the German occupying forces. Join in a parade, a WWII reenactment, a tour of the Patton Memorial Museum and tour Pilsner Urquell Brewery. Call ODR, ITR or Graf Library to sign-up no later than tomorrow.

Tuesday: German Porcelain Road Tour: Visit famous porcelain manufactures while soaking in Bavarian culture. Cost: adults-\$15, kids-\$5. Call ODR, ITR or Graf Library to sign-up no later than Friday.

Battle of Bands, Stars of Tomorrow times set

Sign-up by tomorrow: The Grafenwoehr competition is Saturday at 6 p.m. and will be held in the Rose Recreation Center, Bldg. 227 (formerly Yesterday’s Club). This competition is a preliminary event for the IMCOM-E Battle of Bands and Stars of Tomorrow competition held May 25-26 in Ansbach. For an entry form, e-mail Mr. Neville Paschall at neville.paschall@us.army.mil or call DSN 475-6167.

Hohenfels Briefs

Ramstein holds risk communication workshop

A U.S. Army Center for Health Promotion and Preventive Medicine Introductory Risk Communication workshop will be held May 7-9 at the Ramstein Officer’s Club.

Register online at <http://chppm-www.apgea.army.mil/risk> or e-mail Suaquita.perry@us.army.mil.

A faxable registration form is also available upon request. For local information, call DSN 486-7099 or e-mail Laura.Mitvalsky@us.army.mil.

Parking lot closed, alternate parking available

The parking lot adjacent to Bldgs. 88 and 15 will be closed for a period of five weeks starting on April 26. Additional parking is available at the bowling center and Bldg. 100. Pedestrian access to Bldg. 15 will be available. The POC is M. Schmidt at DSN 466-2515.

Thrift Shop needs volunteers

Our Thrift Store is in need of volunteers. If you can spare any time to help volunteer call the Thrift Shop at CIV 09472-83-2798. All help is appreciated. Remember that you can volunteer with your child/children ages 12-15. Teens 16 and older can volunteer without a parent. We now pay childcare (up to 20-25 hours/month)!

Lt. Dan Band visits Hohenfels

Tuesday at 7 p.m. at the Hohenfels Post Gym, Bldg. 88. The Lt. Dan Band covers everything from Springsteen to Linkin Park, from Aretha to Hendrix, There’s something for everyone, and each show highlights the musical diversity of the band, as well as the passion and energy each member brings to the stage.

Whether it’s performing for the troops overseas or a local club crowd, the goal is to have fun and rock the house! Visit www.ltdanband.com for more information! Concert open to all ID cardholders.

Post gym closes for show

Tuesday, all classes in the post gym will cancel due to the Lt. Dan Show.

Baseball tourney gives youth good volunteer opportunity

The European High School Baseball Championships will be held from May 25 through May 28. Youth Sports is looking for volunteers to assist on the baseball fields, with the teams, and for set up and tear down. Ready to swing into action? Give Youth Sports a call Monday through Friday, 8 a.m.-5 p.m., at DSN 466-2488/2558 or CIV 09472-83-2488/2558.

Need more information about volunteering? Call the Army Volunteer

Corps Coordinator, Lara Clagett, at DSN 466-4088 or CIV 09472-83-4088.

Club Beyond offers Italian summer beach trips

If you are between 9th and 12th grade and want to have fun with other youth this summer, then we have just what you are looking for. After school lets out, Beach Break kicks into motion (June 14-21). Club Beyond Hohenfels will be taking high school youth to Camp Darby, Italy.

Youth will have the opportunity to see the leaning tower of Pisa, visit picturesque Cinque Terra, dive off of rock cliffs into the Mediterranean Sea, take in a full day at a water park, spend a day at the American Beach, play sand volleyball, basketball, and Frisbee golf. The next week (June 23-30) is middle school week for youth in 7th and 8th grade.

If you are interested in attending alongside other high and middle school youth from military instillations across Europe, then contact Chris Howard as soon as possible to reserve a spot. The cost of the trip is \$375. If you have any questions, contact Chris at DSN 466-4793 or CIV 0151-1494-3311 or e-mail him at christopher.s.howard@us.army.mil.

Chaplain Happenings

■ **H20 Discipleship Group** for teens in Junior High or High School meets Thursday evenings at 5 p.m. The current theme is relationships. POC is Chris Howard, Club Beyond representative, at DSN 466-4793 or CIV 09472-834793.

■ Students in junior high or high school are invited to **The MUG Coffee House** each Wednesday evening at 5 p.m. POC is Chris Howard, Club Beyond representative, at DSN 466-4793 or CIV 09472-834793.

■ **Catholic Women of the Chapel** meet for Bible study Thursday mornings from 9:30-11:30 a.m. at the Hilltop Chapel Center. For more information, call the Catholic Office at DSN 466-2226 or CIV 09472-83-2226.

■ **Protestant Women of the Chapel Evening Program** is May 2 at 6 p.m. at the Hilltop Chapel Center. We will have a guest speaker from Hungary come and share about orphanage ministry. We will have a pot-luck dinner of our favorite childhood dishes. As always, watch care is provided for children aged 6 weeks-5 years. POC is Chaplain Baumann at DSN 466-1570 or CIV 09472-831570.

■ **Christ’s Commandos (C2)** is church just for kids. We meet in the Post Theater on the 2nd, 3rd, and 4th Sundays of the month, 10:45 a.m.- noon. We have skits, puppets, music, and games.

■ **Young adults** who have already graduated from high school and are working in the community are invited to Bible study, a relaxed atmosphere, and a home cooked meal each Tuesday evening at Bldg. 743, across from the Commissary.

Call Chaplain Bradford Baumann at DSN 466-1570 or CIV 09472-831570 for more information.

USAG GRAFENWOEHR

2007 Track & Field Team Registration

EVENTS

TRACK (SHORT DISTANCE)	TRACK (INT. & LONG DISTANCE)	FIELD EVENTS
100-Meter (M/W)		Long Jump (M/W)
4 x 100-Meter Relay (M/W)	800-Meter (M/W)	Triple Jump (M/W)
200-Meter (M/W) 400-Meter(M/W)	1,500-Meter (M/W)	High Jump (M/W)
4 x 400-Meter Relay (M/W)	5,000-Meter (M/W)	Shot Put (M/W)
110-Meter Hurdles (M)		Javelin (M/W)
400-Meter Intermediate Hurdles (W)		Discus (M/W)

Register now at your local sports office!

For more information, Call the Grafenwoehr Sports Office at DSN: 475-9024, or Vilseck 476-2214.

Follow Michelangelo's art around Florence

Story and photos by
BILYANA ATOVA
Staff writer

Situated on the banks of the Arno River and set among the splendid landscape of Tuscany, Florence, in Italian Firenze, is immediately captivating. Considered the birthplace of the Italian Renaissance, Florence is famous for its magnificent art, architecture, wine, and cuisine.

In the 14th -16th century the city was a cradle of art, attracting artists from throughout Italy. It is the home of Dante, Machiavelli, and Leonardo; the city of Medici with paintings from Botticelli; even Raphael—one of the world's greatest painters—would not have been Raphael without his Florentine education. But most of all, Florence is the city of Michelangelo. It is in Florence where a young Michelangelo was raised and spent many years creating many of his masterpieces, and always returning to the city.

Florence, declared a World Heritage Site by UNESCO, is compact and its attractions are easily reached by foot. The city seems to reveal its treasures with every step. Following the artwork of Michelangelo in the city can easily be done in a day, allowing visitors to view many other attractions at the same time.

Michelangelo's main attraction in Florence is his "David." Considered one of his best works, along with the Pieta in The Vatican, David was sculpted before Michelangelo turned 30. He was asked by the Consuls of the Guild of Wool to complete an unfinished project begun 40 years earlier by Agostino di Duccio. It was a colossal statue portraying David as a symbol of Florentine freedom, and it was to be placed in the Piazza della Signoria, in front of the Palazzo Vecchio. The statue was moved from that location for preservation reasons (a replica has been placed there), and it is now located in the **Galleria Dell'Accademia**.

The Accademia museum has been ranked one of the best in Florence for one reason—Michelangelo's David. It is one of the best known works of art in the world, but only

when you see it in person can one really admire "The Giant," as it is also known.

The calm and determined strength of his expression and its imposing height of 17 feet make it near impossible to be describe with mere words. Michelangelo's other masterpieces in the museum include a statue of St. Matthew and the Quattro Prigioni (the four prisoners).

The collection of pictures in the museum is much less important but includes some early Renaissance works and a Madonna by Botticelli.

Visitors are advised to book or purchase museum tickets in advance because the lines during peak season can be

up to six hours long.

In front of the museum, on Piazza San Marco, there is a nice restaurant, offering a different five-course meal every day, accompanied by different wines. The restaurant's pasta alone is worth a visit.

A copy of Michelangelo's David now stands in the **Piazza della Signoria**. The place is a unique sculpture gallery, and together with the Palazzo Vecchio, has been the center of Florentine politics. Citizens gathered there when called to a parlamento, or public meeting, by the palace's bell.

Cellini's famous bronze statue of Preseus beheading Medusa is one of the many that stands in the place. Observant movie buffs will notice that a scene from the movie "Hanibal" was filmed in this Piazza.

Palazzo Vecchio, completed in 1322, is where Michelangelo was supposed to paint a battle fresco opposite his rival Leonardo. The two greatest artists were pitted against

one another, but for different reasons both failed to complete their works. The unrealized frescos remain one of the greatest "what ifs" in art history.

Inside the Palazzo Vecchio, which continues to serve its original role as Florence's town hall, "Victory" by Michelangelo can be found.

Behind the Palazzo Vecchio is the **Bargello**. Built in 1255 as the city's town hall, it was later used as a prison and today houses a superb collection of Florentine Renaissance sculptures, with rooms dedicated to the work of Michelangelo, Donatello, Cellini, and other great artists. Michelangelo's first major work, Bacchus, is located there.

Next to Palazzo Vecchio is the **Galleria degli Uffizi**. The museum was one of the first in Europe to assert the modern idea of a museum as a systematically designed exhibition for public viewing. The Uffizi displays nearly 2,000 paintings from the Medieval to Modern Age.

Michelangelo's famous painting Holy Family with the Infant St. John the Baptist can be found in the museum. It is interesting that despite his low opinion of painting, Michelangelo created so many influential paintings in the history of Western art, not to mention the frescoes in the Sistine Chapel. Considered the most important

painting of the 16th century, the Holy Family is the only example of Michelangelo's painign preserved in Florence. It is the painting that first breaks with the convention of showing Christ in the Virgin's lap.

Other masterpieces collected in Uffizi include Giotto's Maesta, Botticelli's Primavera, Leonardo's Annunciation, Raphael's Madonna, and Caravaggio's Sacrifice of Isaac.

Basilica San Lorenzo is a must-see, but not only for Michelangelo's fans. The architectural contrast to the other Florence churches is immediately noticeable. Its origins coincide with those of the Christian



This is just one of the frescos outside the Duomo.



A sculpture of Michelangelo can be found in front of the Galleria degli Uffizi.



There are two replicas of Michelangelo's David in Florence. This one is located on the Piazza dela Signoria.

era. Later, for over 300 years, it was the parish church of the Medici family.

In 1513 the Medici commissioned Michelangelo to reconstruct the façade of the basilica and adorn it with sculptures. He spent years creating models and drawings, but his work was always canceled for financial reasons before any real progress had been made. The façade remains unfinished to this day.

Later, Michelangelo was commissioned to do the **Medici Chapel** in the basilica. This project was more fully realized where the artist created both the major sculptures as well as the interior plan. Typically for Michelangelo this exquisite chapel shows incredible attention to the detail. Michelangelo's monumental funerary figures symbolizing night, day, dawn, and dusk are among his greatest works.

The Biblioteca Laurenziana, also part of the Basilica San Lorenzo was designed by Michelangelo as well. Early in his life, when the Medici were expelled from Florence for a while, Michelangelo hid in a small room underneath San Lorenzo which still can be visited today.

Among the other masterpieces in the basilica are the Donatello's Pulpits and a beautiful fresco by Bronzino. Another sight that is also closely related to

Michelangelo is the magnificent gothic church of **Santa Croce**, where the artist is buried.

His body was brought back from Rome to fulfill Michelangelo's last request—to be buried in his beloved Tuscany. Many other famous Italians such as Leonardo Bruni, Rossini, and Galileo are buried there. Michelangelo never completed the Pieta for his own tomb so the monument around his tomb was designed by Vasari in 1570. Because of how it is situated, the church is really beautiful in the late afternoon when the sun shines on the face of the building.

At the other end of Piazza Santa Croce the Piazza Peruzzi is situated. It is also the location of an outstanding restaurant. It is a great place where, in a romantic Florentine atmosphere, one can enjoy the famous bistecca alla fiorentina with a glass of Chianti Classico. Their famously huge and rare steaks are to me the best steaks one can ever try.

Florence is much more than the sum of its museums and crazy motorcycle drivers. It is a city with spirit carrying the intellectual genius, power, and talent of an age that has yet to be outdone. Together with Rome, it is the city of one the world's greatest marble sculptors and painters.

Seeing Michelangelo's works for yourself is simply t he only way to begin to admire the rare genius.



The Santa Croce is where Michelangelo's tomb is located.



An overview of the city and Palazzo Vecchio from the top of the 276 ft. high Campanile, designed by Giotto in 1334.

Europe’s only Chinook unit pulls own weight

Story and photo by
Sgt. 1st Class CHRIS SEATON
12th Combat Aviation Brigade Public Affairs Office

To Army aviators, there are no sexier pieces of equipment in the inventory than its helicopters. They admire the UH-60 Black Hawk for being sleek and fast- the Porsche of military helicopters. They boast that the AH-64D Apache is the world’s most lethal, intimidating attack machine—a titan that is more heralded with every combat mission it flies.

Then there’s the CH-47D Chinook. The Chinook has been called everything from a “flying bus” to a “fat cow.” Even the nickname of the Chinook’s home in V Corps’ 12th Combat Aviation Brigade—”Big Windy”—evokes images of a portly 12-year-old playground bully.

Yet while the Black Hawk and Apache enjoy plenty of coverage in print and on television, Big Windy—officially known as Company B, 5th Battalion, 158th Aviation on Katterbach—is arguably the most well-known company in the 12th CAB.

“Beauty is definitely in the eye of the beholder,” said Staff Sgt. Paul Zayas, a Big Windy crew chief. “Big Windy became famous by word of mouth not by word of media. We’re known as aviation’s version of the quiet professionals.”

There used to be four Chinook units in Europe. Now, only Big Windy remains. But at the same time, the Chinook’s role in combat operations has transformed, thanks to its success in Army operations in recent years.

“I’ve watched the Chinook’s role in combat go from ash and trash to

being the preferred air assault platform,” said Bravo Company 1st Sgt. Dave Herring.

Because of its carrying capacity—seats for 30 passengers, in addition to a crew of five—the Chinook can deliver Soldiers quickly and effectively, increasing commanders’ combat power in a matter of minutes.

It was operations in Afghanistan that began changing the way the Army looks at the Chinook, Herring said.

“Once they saw what we could do that other aircraft couldn’t, they started to realize our survivability skills and diverse capabilities,” he said.

Another benefit of the Chinook for ground Soldiers is its ability to carry heavy loads—about 26,000 pounds—on its cargo hook.

Herring said there’s also a noticeable difference in the Chinook’s rotor wash—the wind a helicopter produces with its blades.

“The Chinook is a larger frame than other helicopters,” Herring said. “Once you get under its belly, it’s like the eye of the storm—nice and peaceful. You just happen to have 32,000 pounds of helicopter hovering above you.

“Most paratroopers I’ve talked with prefer jumping out of a Chinook because it’s a nice slipstream ride,” he added.

Zayas was an infantryman with the Army’s 3rd Ranger Battalion before becoming a CH-47 crew chief. His initial reaction to life in Big Windy was shock.

“I came from a place where privates stand at parade rest to talk to privates first class,” he said. “I didn’t understand the family atmosphere at first. Coming here, I realized it’s all about being comfortable. If you’re



A CH-47 Chinook—sometimes called a Flying Bus or a Fat Cow—in action at a training area in Hohenfels recently. Big Windy, as Company B of the 5-158 Aviation is sometimes called, is experiencing a popularity surge with Army commanders for the capabilities that the Chinook and its Soldiers provide.

afraid to talk to that warrant officer, or sergeant first class, someone could get killed.”

“The discipline and camaraderie between the pilots, flight engineers and crew chiefs is unbelievable,” said Chief Warrant Officer 2 Joshua Brock, a CH-47D pilot. “We rely on the crews and the bond is strong. We have tables at the dining facilities set aside for us. We always eat together and we always hang out together.”

Big Windy Soldiers say the downside to being in the only unit of its kind in Europe is the company’s

high operations tempo.

Sgt. Jason Engel, a flight engineer in Bravo Company, has been with the unit since April 2003 and has been busy ever since.

“I joined the Army to travel,” Engel said. “I’ve seen more of Germany from the air than anything else. We’re in high demand right now.”

Despite the amount of time spent on deployments or in training, Big Windy Soldiers say their family remains unusually strong, and Herring says many of its troops opt to stay as

long as they can.

“This deployment (scheduled for this year to Iraq) will be the third deployment for about 80 percent of the company,” Herring said. “The amount of in-place consecutive overseas tours our Soldiers have done attests to the pride of the unit.”

Engel agreed, adding that Big Windy is the place to be.

“I’ve never looked at anybody else’s job and said, ‘I wish I could do that’,” he said. “As far as I’m concerned, this is the best job in the Army.”

Cure on way for health clinic appointment system

By **JIM HUGHES**
Ansbach Public Affairs

Things should get a lot easier for community members seeking appointments with the Katterbach Health Clinic.

A persistent 16-month effort by the clinic’s commander and staff culminated in recent and forthcoming hiring actions that should result in a simple, quick process for getting an appointment at the clinic, said Maj. (Dr.) Daniel Bigley, U.S. Army Health Clinic-Katterbach commander.

The doctor said the clinic just hired Eddie Brister as the office manager and he will oversee the current two employees who answer the appointment phone line and also help people at the front desk. He will also hire an additional person.

“The good news is we’ve doubled

our staff at the front desk,” Bigley said. “By the end of May we should have all four people working harmoniously at the front desk. We’ll have people on the phones, people helping patients at the front desk and Eddie filling in where he’s needed and managing the overall operation.”

Making appointments has gotten a lot easier since Bigley’s arrival at the clinic in August of 2005. Since he arrived, he has relentlessly sought improvement of a woeful system that featured 1970s-era phones and two phone lines for the entire clinic.

After getting a modern phone system installed and a call cueing system the following month, Bigley realized there was still work to be done. So, he took his case to his customers.

“Every customer service-oriented agency has a comment box and asks

its customers how it can better serve them,” he said. “And those companies that optimize performance, reduce errors and listen to customer recommendations ultimately become successful.”

The Katterbach Health Clinic continued its charge to success when the doctor began attending town hall and community managers meetings urging customers to tell him how the clinic could better meet their needs.

He got what he asked for in the form of Interactive Customer Evaluation comment system on the USAG Ansbach Web site. The comments primarily called for reduced waiting times—some people waited up to an hour—on the new phone system and more privacy at the front desk.

“With only two people answering the phone and at the same time helping

people at the front desk—and people like to talk when they’re sick—it took about 25-30 minutes on average to make an appointment. I have an inbox from the past 16 months with 58 ICE comments all saying about the same thing—some in nicer ways than others,” Bigley said.

“Because people sent in the ICE comments, we were able to justify the hiring actions which will absolutely help fix the waiting times.”

While on the surface 16 months seems a long time to wait to get people hired, within DOD it’s not so unheard of, Bigley added.

“It’s very difficult to squeeze blood from a stone,” the doctor said. “Budgets are tight everywhere and DOD has to get the money—they have to ask the taxpayers for it. And during the period we were trying to get people hired, DOD was putting in

hiring freezes and even talking of laying people off and freezing salaries.”

Bigley thanked everyone who submitted the ICE comments. He added that the resulting improvement diagnosis also includes a divided front desk area for patient privacy that he hopes to have done by the end of May.

Taking improvement a step further, plans call for modular trailer facilities behind the clinic to allow moving the TRICARE offices—providing more privacy for patients referred to care on the economy—and also some administrative functions to open up more room for clinic care providers in the June-July timeframe.

To make an appointment at the Katterbach Health Clinic, call DSN 467-2700 or CIV 09802-832-700.

Giving back



Photo by Rabia Nombamba

Area Kindergarten teachers pick out coats for needy children at the Herrieden Rathaus April 23. Capt. Stephen Short, the USAG Ansbach provost marshal, bought 27 winter coats and donated them to underprivileged children of the garrison’s partnership city, Herrieden.

In January, Short and Sgt. Maj. Alan West, also of the provost marshal office, bought 38 bicycles and donated them to an Illesheim Kinderheim and an Ansbach children’s home.

AER campaign kicks off in Illesheim

by **RONALD H. TOLAND JR.**
Ansbach Public Affairs

The Army Emergency Relief Campaign is under way in USAG Ansbach, giving community members a chance to help their own.

Campaign kickoff ceremonies were held in Katterbach April 16 and in Illesheim April 17 where community and unit leadership made their initial donations to the program.

AER provides assistance to Soldiers from money raised from donations from Soldiers and civilians, with a primary mission to provide emergency financial assistance to Soldiers and their families, said Sarah Tipple, Army Emergency Relief Officer for USAG Ansbach.

Since its inception in 1942, AER has helped more than 3 million Army people with more than \$945 million in assistance, according to the AER Web site at <http://www.aerhq.org>. In 2005, AER assisted 46,364 Army people with more than \$43 million.

Tipple said that thanks to AER assistance last year in Ansbach, 67

Soldiers and their family members were able to travel home because of a family member’s death or serious illness, 21 Soldiers received emergency vehicle repairs, 15 Soldiers were assisted with food, and 14 evictions or foreclosures involving community members were prevented.

In total, Ansbach Soldiers and families received \$161,000 in assistance during a year the community raised \$24,000 during its AER campaign.

“That is a seven-fold return on our donations,” said Lt. Col. Tammy S. McKenna, USAG Ansbach commander, during the Illesheim kickoff ceremony. “We need to do better this year.”

Lt. Col. George Hamontree, 12th Combat Aviation Brigade deputy commander, echoed those sentiments.

“We need to make AER stronger and ensure that we, Army Soldiers, are putting back more than we are taking out,” he said at the ceremony. “You know that AER helps Soldiers in our community, but it’s important to remember that help is also available

to widows and orphans of Soldiers and that your contributions also go to the Wounded Warrior Program where Soldiers evacuated to Landstuhl or Walter Reed receives a \$200 gift certificate for comfort items during their hospitalization.”

Hamontree added that after Hurricane Katrina, AER helped several Soldiers from the community return to their home of record to help their parents and family clean up.

The goal for Ansbach’s 2007 campaign is \$30,000, and the campaign is off to a good start with \$4,000 coming in during the two kickoff ceremonies, said Tipple.

AER reports on its Web site that 88 cents of every dollar donated goes to helping Soldiers out of financial binds, with the remaining 12 cents going to administrative and fund raising activities.

To donate, see your unit AER representative.

For more about the program or how to get help from AER, call Tipple at DSN 467-2064 or CIV 09802-832-064.

What’s Happening

Ansbach Briefs

Summer hires needed

USAG Ansbach is looking for students interested in applying for this year’s summer hire program. The program runs June 25 to Aug. 3 and is open to all family members, ages 14-22, of active duty Soldiers and Department of Defense civilian employees. Interested students should submit an automated resume by May 11. To apply, or for more information on the program, go to <http://www.chra.eur.army.mil/staffing/summerhire/default.htm>.

Lt. Dan Band plays Ansbach

Life may be like a box of chocolates, but USAG Ansbach community members know just what they’ll get May 9—a performance by the Lt. Dan Band. The band, headed by “Forrest Gump” and “CSI: New York” star Gary Sinise will perform a free USO concert at 7 p.m. in Hangar 2 on Katterbach Kaserne. The area opens at 6:30 p.m. and MWR will have food and beverages for sale. Shuttle buses from Illesheim to the event will also be available. For more on the show, call DSN 468-7636 or CIV 0981-183-636.

Mother’s Day brunch to be held at Eddie’s Place

Eddie’s Place on Bismarck Kaserne hosts a Mother’s Day brunch May 13 from 10 a.m. to 2 p.m. A photographer will also be on hand to take photographs, with a sitting fee. For more information and price information, call DSN 467-3224 or CIV09802-833-224.

FCC experts provide training in child care

USAG Ansbach Family Child Care offers community members the opportunity to make money by providing child care services in their home. FCC experts offer the necessary training and certification to become a FCC professional. Also, FCC recruits for trained and certified professionals to care for infants and toddlers.

FCC professionals participating in the Infant Food Program will receive \$75 each month. Reimbursement for children four weeks to 17 months is \$250 a month and the monthly reimbursement for children 18 to 36 months is \$150. A lending library for this age specific group is available from FCC free of charge.

For more information on operating an infant or toddler child care home or on becoming an FCC professional, call Stacey Middleton at DSN 467-2536 or CIV 09802-832-536.

Local OCS board dates set, turn in application by June 8

USAG Ansbach is hosting an Officer Candidate School board July 10 and 17 at 9 a.m. in the security conference room in garrison headquarters, Bldg. 5253, on Barton Barracks.

The board will select local Soldiers to go on to compete at the Army-level board in September. Applications are due to USAG Ansbach Directorate of Human Resources no later than June 8. Application guidance is posted on the Army Human Resource Command website at <https://www.hrc.army.mil/site/active/index2.asp>.

For more information, call Mohamad Alkadri at DSN 468-7730 or CIV 0981-183-730 or e-mail mohamad.alkadri@eur.army.mil.

Early intervention aids child development, EDIS says

Educational and developmental intervention services offers community parents early intervention services designed to support families who have concerns or questions about their infant’s or toddler’s development.

EDIS officials said early intervention providers can help families identify if their child has a delay through an evaluation of the child’s current abilities. If your child has a delay, your family may be eligible for early intervention services.

The goal of early intervention is to make sure that all children are ready to learn when they reach school age, said EDIS officials.

If you are concerned with some aspect of your child’s development or

have questions about child development, please stop by the EDIS office in Bleidorn Housing, Bldg. 5083 (next to the library) or call DSN 468-7811 or CIV 0981-183-811 to schedule an appointment.

Free training offered for respite care providers

The USAG Ansbach Exceptional Family Member Program seeks respite care providers to give families with members with special needs a break from their daily routines and stresses. Respite care providers earn extra income while helping family members with special needs. Training is provided and background checks are conducted.

Also, families enrolled with EFMP who meet eligibility guidelines can sign up to receive respite care.

For more, call EFMP at DSN 467-2516 or CIV 09802-832-516.

Avoiding back-up accidents easy with safety tips

Garrison safety officials report that there has recently been an increase in the number of accidents within the community involving people backing up.

Here are some tips from the safety office to help keep you from joining the accident club:

- Use a ground guide
 - Walk around the vehicle to make sure you have the needed clearance
 - Give your employees vehicle operations on-the-job training
 - Keep it slow when backing up
 - Risk Management POV Toolbox
- For more safety tips, call DSN 468-1670 or CIV 09802-83-1670.

Need to talk? Call MFLP

The Military and Family Life Program features two licensed civilian therapists from the U.S. who have been contracted to provide free consultation services to Soldiers, their families and civilian personnel.

The consultants are here to listen, support and help individuals problem solve. Consultants also make recommendations regarding services available to the client.

Consultants do not take names or record notes on clients to ensure confidentiality. There is one exception: when there is a threat to harm self, others, domestic violence, or abuse noted.

Consultants are rotated every four to six weeks to ensure confidentiality.

To find out more or to schedule a time to meet with a counselor, call CIV 0160-9835-0753 or CIV 0151-1812-3764.

Re-apply for free, reduced school lunch program

The Department of Defense Education Activity encourages families of children attending overseas schools to reapply for free and reduced price school lunches.

The U.S. Department of Agriculture recently approved a DODEA request for an increase in the reimbursement rate and more families may now qualify for the program.

For more information and instructions on how to apply for the program, call your child’s school.

Substance abuse program gets rated, feedback needed

U.S. Army Europe’s substance abuse programs will receive an inspection by the Joint Commission on Accreditation of Hospital Organizations May 7-9 in Heidelberg.

JACHO will not visit the USAG Ansbach area, but the organization does want to hear from members of the community.

If you have feedback you’d like to give the inspectors on the program, call DSN 468-1710 or CIV 0981-183-1710, to find out how to make your voice heard.

AFN hits FM in Ansbach

AFN Radio is now available in Ansbach and Illesheim at 107.3 on your radio’s FM dial. Tune in for the latest local, Europe, DOD and world news, and also music and entertainment.

Idling cars cause pollution, illegal in Germany

German road regulations prohibit car idling on and off post, report garrison environmental specialists.

They add that car idling pollutes the

environment through the emission of carbon monoxide, and oxides of nitrogen and other volatile compounds, and add to the Greenhouse Effect destroying the ozone layer. For more information, call the environmental office at DSN 467-3423 or CIV 09802-83-3423.

Get VAT adjusted off utility bills, visit Tax Relief today

Community members living in Ansbach, Bad Windsheim or Heilsbronn with electric, gas and water bills in their own name can have the Value Added Tax adjusted off of their bills.

Go to the tax relief office in building 5845 on Bismarck Kaserne and fill out an application.

If the utility bills are in their landlord’s name, then people cannot get the tax relief. For more info, call DSN 468-1780 or CIV 09802-83-1780.

Bamberg Briefs

Community-wide yard sale set for this weekend

A community-wide yard sale is scheduled to take place on Saturday and Sunday from 9 a.m. to 5 p.m.

Both on-base and off-base residents can set-up items in the parking lot across from Bldg. 7000, or in their yard. No permits or fees required. Take advantage of this opportunity to get rid of your unwanted stuff while spring cleaning!

For more information please contact the Directorate of Human Resources at CIV 0951-300-7713. In the event of inclement weather, the sale will take place the following weekend, May 11 and 12.

Don’t miss the ‘Jungle Book’ this Saturday, two showings

See the Missoula Children’s theater performance of the “Jungle Book” at the Stable Theater on Saturday at 2 p.m. and 5 p.m. Tickets are \$5 each and reservations are recommended. Call the Stable Theater at CIV 0951-300-8647.

Register now for May yard of the month competition

It’s time to spruce up the lawn and register for the May Yard of the Month contest. All base residents can compete.

Yards and balconies will be judged on landscaping, creativity, and beautification. Participants must register through the Housing Zone Coordinator, SSG King, at DSN 469-7946, or CIV 0162-270-9268, or your stairwell or building coordinator.

Deadline for registration is May 23 at 3:30 p.m. Win an AAFES Gift Card and a sign of recognition for your yard or balcony. Judging will begin the week of May 28. Winners will be announced in June.

Self-Help can make your yard a winner

The Bamberg Self-Help store can make your yard a winner! Stop by Self-Help and pick up free potting soil, (limited to three bags, per household, per year) flower boxes with brackets, grass seed, and mulch.

Open Monday-Friday, 9 a.m.-4 p.m. Closed on weekends and all German and American Holidays. Additional lawn and garden care items can be purchased at the Bamberg AAFES Garden Center.

Annual spring clean-up will be held May 7–11

The annual Warner Barracks spring clean-up is May 7–11. On-post: Bulk items will be picked up May 9 -11 between 9 a.m. and 4 p.m. Residents should place all unwanted bulk items outside for pick-up. The last pick-up is on May 11 at 4 p.m.

Off-post: Leased and off-post housing quarters should use city bulk dates. Units have to take their bulk trash and bags of debris to the recycling center and separate.

Areas to focus on this spring include: basement hallways, cleaning behind and under washers and dryers, cleaning stairwells, windows inside and out, cleaning overhang over front doors and large common storage rooms. Don’t forget to pick up debris and trash outside your building!

For more information, contact Mr. Weis at DSN 469-7598/8849 DPW-Environmental Office or Housing Zone

Coordinator SSG King at DSN 469-8115.

Next town hall meeting slated for May 9

The next community town hall is on May 9 at 6 p.m. at Preston Hall.

Community leaders from the Garrison Command Group, Directorate of Public Works, AAFES, Service Credit Union, Commissary, DMWR, DoDDs, chaplains office, and legal assistance will be on hand to answer your questions and address your concerns.

All community members are encouraged to attend. If you have questions, we have answers!

Mother’s Day Brunch offered at Warner Club

Make reservations for the Mother’s Day brunch at the Warner Club on May 13, 10 a.m.-2 p.m. All moms will be greeted with a flower and complimentary glass of champagne for each parent. Prices are \$13.50 per adult, \$7.50 for each child 12 and under or a family discount price of \$36 (2 adults, 2 children). Call CIV 0951-300-7596 to reserve your seats.

Correct use of CMR address required to receive mail

You must use a proper four-line military address to receive items at your CMR or mail items at your APO, regardless of where your unit or community mailroom is currently located.

As of March 1, new box numbers were issued. If you have been assigned a new CMR address and box number, start using it now. If you have not been assigned a new box number, inquire at your unit mailroom immediately. A cut-off date will be put into effect and improperly addressed mail will be returned to sender.

Example:
Rank and name: SGT. Johns
Customer
Unit Designation: HHD, 5th Engineer Bn
CMR and box number: CMR 459, Box 01234
APO number and plus 4: APO, AE 09139-1234
The plus 4 digits following the APO number are the last four numbers in your box number.

Battlemind II briefings offered once a month

Bamberg Social Work Service conducts Battlemind II briefings the first Wednesday of every month at 9 a.m.

The briefings are for Soldiers that have been re-deployed for 90 days or more and need their Post Deployment Health Readiness Assessment. Once Soldiers complete the briefing, they are sent to the health clinic to be cleared from MED-PROS.

Additional Battlemind II briefing dates: June 6, July 11, August 1, September 5.

For more information contact Candice Keith at DSN 469-7793/9016.

Commissary case lot sales set for May 26-27

Buy more, save more at the spring commissary case lot sales. Bamberg’s case lot sale is May 26-May 27 from 11 a.m. to 6 p.m. Come out early, stock up and save.

Free training offered for respite care providers

Are you a dependable and caring individual motivated by a desire to serve family members with disabilities? If so, contact the Bamberg Exceptional Family Member Program manager and learn how to become a respite care provider.

The training is free and providers can earn up to \$35 per hour per child. For more information please contact the ACS, EFMP manager Sylvia Gerstner at DSN 469-7777 or CIV 0951-300-7777.

Vote on Bamberg Elementary dress code policy May 21-25

Have your say! Voting on the Bamberg Elementary School dress code policy will be held in the elementary school lobby May 21-25, 8-10 a.m. and noon-1 p.m. and May 29-30, 8-10 a.m., noon-1 p.m., and 5-6 p.m. One vote per family with children attending BES during school year 07/08.

For more information, contact Kim Kozel, School Liaison Officer, at DSN 469-7891 or CIV 09510300-7891.

Schweinfurt Briefs

Ledward main exit gate construction set

Beginning Monday, the Ledward main exit gate will be closed for renovations to provide a safer, more secure access control point that is also easier to use. To compensate for this closure, the Ledward east gate will be open always open. The Ledward west gate will also be open to exit traffic at all times.

ODR offers group trips

Where would you like to go? Group trips can be arranged through ODR for 7-50 people. Three weeks’ notice is required for multiple-day trips, with full payment due two weeks prior to departure date.

For one-day trips, a minimum of one week’s notice is required, with full payment due two days prior to departure date.

Call for more information and ideas. In Schweinfurt, call CIV 09721-96-8080 or DSN 353-8080; in Wuerzburg, call CIV 0931-889-6305 or DSN 350-6305.

Paintball course now open

The paintball course is open, on the airfield, Conn Barracks. Hours of operation are: Saturdays, 10 a.m.-4 p.m. Cost is \$10 per person for field fee plus air, \$20 per person for field fee, air, and equipment (marker and mask). Additional equipment is available for rent.

Paintballs must be purchased from ODR at a cost of \$50-60 per 2000 paintballs. Children must be at least 12 years old and accompanied by an adult group. Ask about special Sergeant’s time training group rates. In Wuerzburg, call CIV 0931-889-6305 or DSN 350-6305.

Officials and scorekeepers are needed for sports

The sports and fitness branch is looking for officials and scorekeepers for youth and adult programs. Experience and certifications are recommended but not required. You must be at least 18 years of age. Officials earn \$15-20 per game and scorekeepers earn \$10-15 per game.

Contact the Finney Fitness Center for more information at CIV 09721-968234 or DSN 353-8234.

BRD looking for instructors

BRD sports and fitness is looking for contract instructors for spinning, pilates, yoga, kickboxing, body sculpting, and step aerobics. Call CIV 09721-966264 or DSN 354-6264 for more information and requirements.

SKIES needs instructors

Do you have a special talent you would like to offer the youth of Schweinfurt and Würzburg? The CYS SKIES Unlimited (Schools of Knowledge, Inspiration, Exploration & Skills) program is seeking instructors for the following classes: musical instruments, sports, guitar, piano, financial management, and culinary arts. The opportunities to teach are unlimited.

Contact Thomas Williams at CIV 09721-966460 or DSN 354-6460 for more information about these and other teaching opportunities.

SES Spanish club holds celebration tomorrow

Join the Schweinfurt Elementary School Spanish Club tomorrow at 5:30 p.m. in the SES multi-purpose room as they celebrate our multicultural society with dance, fashion, food and more.

WCSC farewell luncheon

Join the Wuerzburg Community Spouses’ Club for a farewell luncheon May 10 from 11 a.m. to 1 p.m. at the Leighton Community Activities Center. Bring a donation for the Tierheim for entrance. Food, new pet productions, and cash donations accepted. RSVP by Monday by e-mailing wscs.reservations@gmail.com.

How not to marry a jerk

The USAG Schweinfurt Chaplain’s Family Life Center will host a “How not to marry a jerk” seminar May 11 from 9 a.m. to 3 p.m. at the Conn Club in Schweinfurt. Learn what to look for in a marital partner, and what to spot red flags. A BBQ lunch will be provided.

Call DSN 354-6135 or CIV09721-96-6135 to register.

Wuerzburg student places ninth in national JROTC competition

by SCOTT ROUCH
Schweinfurt Public Affairs

Wuerzburg High School junior Brenna Goodman recently returned from Fort Benning, Ga., where she was an at-large shooter in the Junior Reserve Officer Training Corps national marksmanship championships April 13-14. Goodman placed third among all Army JROTC shooters and finished ninth in the nation including shooters from the Navy and Marine Corps in the competition at Fort Benning. Goodman competed against 65 others from across the world. Goodman, daughter of Lt. Col.s Robert and Petra Goodman of the Wuerzburg MEDDAC, had a two-day total of 1254.1 out of 1309, over 120 points higher than her score at the nationals the previous year. “The rules for shooting at the nationals are different from the matches we sponsor in Europe,” said Goodman’s coach, Douglas Rudd.

“All shooters fired two prone positions, two standing positions and two kneeling positions.” On the first day of competition in the prone position, Goodman fired two scores of 99. In the standing position she fired 92 and 93, and in the kneeling she fired a 95 and 96. The second day she fired 97 and 98 in the prone, 95 and 96 in the standing and a 96 and 97 in the kneeling position. The top 10 shooters are also given the chance to fire a 10-round standing and her score was 98.1 out of 100. While she said she was more nervous because she didn’t have the team support that helped her in 2006, having been through the experience and another year of shooting helped. “I think it had a lot to do with the experience (of shooting) this year because I knew what to expect from going (to nationals) last year,” Goodman said. Goodman wasn’t without total support, however. Her mother made

the trip and watched each time she got to shoot. “She told me afterward it was really nerve-wracking for her,” Goodman said laughing. Goodman, who was shooting for just the second year, so far has been able to take away more from the sport than just the activity itself. “Shooting with the team was a lot of fun and going to the Eastern Regionals and nationals are always fun because you meet so many different people from all around the States,” she said, adding she got to meet shooters in the U.S. Cup from all around the world and saw shooters who were trying out for the Olympics. Goodman won’t have the opportunity to help Wuerzburg regain its European title next year as the family PCSs before the start of the school year. After finishing high school, Goodman’s future goals include going to college and trying out for the Olympic shooting squad.



Photo by Douglas Rudd
Brenna Goodman competed against other JROTC shooters from all over the United States.

Families get to explore German Infantry School

Story and photo by
KIMBERLY GEARHART
Schweinfurt Public Affairs

Nearly 80 people, families of the 2nd Brigade Combat Team including children as young as 10 months old, had a unique opportunity to explore the German Infantry School in Hammelburg April 11. School Commandant Brigadier General Johann Berger greeted the crowd with jokes and smiles, reassuring them that he too knew what it was like to be a military family, having moved 17 times with his wife and children over his 37 years of service, and how important it is to share with the family as much as possible. The Infantry School sees nearly 10,000 visitors yearly, but rarely

family groups. Most often the youngest participants are high school students interested in learning more about the military prior to enlisting. Even with so many youngsters present, the officers conducting the tour were prepared. “We need the kids’ help. We saw the Easter Bunny Saturday, but we can’t find if he left anything,” said Major Christian Windolph, shortly before taking the families to Bonnlund, an urban training area. Children under seven hunted candy around the manor house while adults were conducted on a historic tour of the facility. Older children ran a labyrinth inside a village house. Children waiting to run the maze shouted encouragement to those inside when they took too long to exit. “You know, we are looking for



2nd BCT family members capped off their visit to the German Infantry School with an armored vehicle ride.

recruits. This is how we get them, just lose them in the maze,” joked German Army media officer Major Olaf Kuske. After lunch, children participated in games including a balloon-popping

dart game and fishing in inflatable emergency boats. Static displays of an older German tank and troop transport gave children the opportunity to play Soldier. German Soldiers stood by, maintaining safety and smiling as the

children “radioed” each other regarding enemy contacts. As a special treat, Infantry School Soldiers rolled out in fully functional armored vehicles, and gave everyone the opportunity to take a ride. Decked out in helmets and waving madly, children took a ride on the wild side, German Army style. “I think the kids are really enjoying themselves, and the Germans have been so nice,” said Spc. Amber Fincher, Headquarters and Headquarters Company, 2nd Brigade. Mike Cormier, 2nd Brigade partnership officer, organized the event in conjunction with Kuske and others from the Infantry School. “This is an excellent event, and we are fortunate to have such a strong relationship. This is what partnership is all about,” Cormier said.

‘Remember me always’ Schweinfurt honors three fallen Soldiers

by MARK HEETER
Schweinfurt Public Affairs

The Schweinfurt community held a memorial April 19 at the Ledward Chapel to remember the lives and service of Capt. Anthony Palermo Jr., Spc. Ryan Scott Michael Dallam and Pfc. Damian Lopez Rodriguez, who were killed when their vehicle was struck by an improvised exploding device while they were on a combat logistical patrol April 6. “Ultimately, these three Soldiers saved lives, and they continue to save lives to this day,” said Lt. Col. George Glaze, who commanded all three fallen members of the 1st Battalion, 18th Infantry Regiment, “Vanguards.” Glaze offered two strips of silver lining around the cloud hanging over the chapel. “Our Soldiers did not suffer, and they died doing what they loved most – leading the way,” he said, noting that they were in the lead vehicle of their support platoon convoy. Staff Sgt. Jason Vickodil read remarks from Sgt. Thomas Fernandez,



Dallam



Lopez



Palermo

who included Lopez in a club he created called the Easy riders, whose members’ last names ended in “ez.” “He always gave his all in everything he did,” said Fernandez, who recalled sharing a joke the last time he saw his co-EZ Rider, in the gym the night before the fatal attack. “We were both laughing. I turned around. He was smiling and I left the room,” he said, noting that he heard Lopez’s deep voice from around the corner just before he went on his last mission. “This EZ Rider was the toughest and bravest of them all,” Fernandez said. Recalling Dallam, Staff Sgt. Donald McHattie read the remarks of Sgt. Patrick Mange, who reflected on Dallam as one who was “always there to say something funny.” “His stories would start with, ‘One time I was drinking,’ or ‘I was partying this one time,’” Mange said to chuckles of the packed chapel. “He was always there and did what he could with a smile,” he said.

Palermo, who was due home on rest and recuperation leave to enjoy the birth of his son, was recalled by Maj. Scott Nelson and Capt. Scott Robinson, Vanguard comrades whose remarks were read by Capt. Ricky Torres. “He was a leader and he was brave,” Robinson said. “The compassion for each other makes warriors great.” When pondering what the three fallen warriors would have said at the memorial service, Robinson had a simple answer: Remember me always. “It is easy to be thrown from the horse and choose never to get back up, but we are Vanguards and Soldier,” Nelson said. Dallam is survived by his father and stepmother, Scott and Leslie Dallam, his mother, Laura, and a brother and sister. Lopez is survived by his mother, Ana B. Scott, and father, Raphael Lopez. Palermo is survived by his wife, Kristin, who gave birth to their son, Marcus A. Palermo, April 21.

Take Back the Night: A stand against sexual assault

by SANDRA WILSON
Schweinfurt Public Affairs

Some people believe that sexual assault is rare and only happens to certain people. In reality, one in three women and one in six men will be sexually assaulted in their lifetime, and it can happen to anyone, says Jon Davis, sexual assault prevention and response coordinator at Schweinfurt Army Community Services. In the 1st Infantry Division footprint, 100 percent of the sexual assault cases reported in the last six months were alcohol related. Of those reported cases, 90 percent of both the victims and perpetrators were junior enlisted with 65 percent of the incidents happening in the barracks. “(Sexual assault) is under-reported, so the figures are probably even higher,” Davis said. In order to raise more awareness about sexual assault, Take Back the Night, an event which is internationally renown, was held in Schweinfurt and Leighton April 30. The event consisted of an hour walk concluding with cake and punch. Davis explained one of the key reasons behind holding such an event. “It’s to make an assertive stance against violence against women... and men also,” Davis said. Becoming educated about sexual assault is also an assertive step toward prevention. Knowing the types of

settings in which incidents are mostly likely to occur will give people the opportunity to avoid possible danger. Davis explained that locking one’s door in the barracks is a simple action that can easily prevent unwanted advancements. Of reported assaults in the barracks, 50 percent of the victims had their doors unlocked. Most people don’t realize, said Davis, that perpetrators are often acquaintances and rarely strangers. Some reasons the perpetrators give are, “She didn’t say ‘no’ like she meant it,” or “She said no, but I thought she was kidding.” Consent cannot be given by people who are under the influence of alcohol, drugs, are mentally incapacitated, or who are underage. Even when taking precautionary measures, sometimes an assault can still occur. If it does, it is important to know the steps to take immediately following the incident. It’s vital to get to a safe place immediately and leave the scene of the incident as is. Medical personnel strongly request not to shower, change clothes, or drink anything before an examination can be done. Whether the victim chooses to report the incident or not, help and support are always available through the unit victim advocate, medical provider, chaplain, or sexual assault prevention and response coordinator.

Saying what you mean now can save confusion, embarrassment later on

by MARTINA BIAS
Bavarian News Food & Culture columnist

The first thing I noticed when I got to U.S. was that people don't always say what they mean, and don't always mean what they say. I found that confusing.

I was used to the German way where we are usually very honest, some might even describe it as brutally honest. Many Americans might find this approach rude, but



Courtesy photo

To Germans, saying exactly what you mean or how you feel about a particular subject, as long as done tactfully, is considered better manners than skirting the truth to avoid hurting the other person's feelings.

really, wouldn't lying be even more wrong? Germans generally don't beat around the bush. If someone asks a question, they answer it honestly and expect the same in return. You say what you have to say and that's that. Now, I am not advocating that you go around telling everybody exactly what you think, however unnecessary or hurtful it may be, but in conversations with German friends you are free to express your feelings (in a

respectful way, of course) and don't always have to hide behind phony pretences that may leave you feeling uncomfortable.

What I am trying to say is that the rules of human interaction are different in Germany and here are a few of them:

Personal invitations of all kinds are to be taken at face value. "We're having a party, please do come," means "We're having a party, please do come," and not "We feel rude not inviting you in front of these other people, but surely you'll have the grace not to show up."

Similarly, "Come over to my house and we'll have coffee," means that you should start planning a date and time for that pleasant event. It is not to be confused with the Anglo-American "We should get together sometime," which can have absolutely no meaning at all or is simply a polite phrase to say before parting ways.

Yes means yes and no means no. If you ask whether you can share someone's table in a restaurant (or borrow a pen, or get a ride) and that person says yes, that's the end of it. Even if the person does not smile or tell you to go right ahead, you do not have to ask again.

Germans will be perplexed when you insist: "Are you sure? I won't be bothering you, will I? I'll just take this little corner and be done in a minute." They said yes already, and they are going to wonder if and why you don't believe them. Be assured if they wanted to say "no" they would have done so, after all, Germans are brutally honest.

Preferences are expressed directly. If someone offers tickets to the opera Siegfried," a German would not put them off vaguely by saying something like: "If only it lasted just a tiny bit less than six hours, I'd love to go, but my schedule is so busy." If you don't like Wagner, or opera, just say so.

Germans will not be offended that you have an opinion that differs from theirs, but ... you may have to talk about it. There are

consequences for all this directness, and this is one. You may be asked why you don't want to come to someone's party or why you don't like Wagner, and then you must explain. You may even have to have a discussion about it, or possible a debate. But perhaps you can do that over a cup of coffee. Would you like to come over some time?

Now I know that I have confused some of you because I have also previously stated that it is rude to refuse a drink or food or gift from a German, even when one is not thirsty, hungry or does not want or like the gift offered. This is a cultural thing as well.

You are, of course, free to use the brutally honest approach in these cases, but please keep in mind that the German is making the offer because German hosts are expected to be extremely gracious and they want to make you feel at home and that German culture dictates that favors and gifts be repaid.

My suggestion in these instances is to graciously accept the drink and sip it slowly so a refill is not offered quickly (downing it to get it over with would send the wrong signal and only result in more being offered), or find a REALLY good reason why you can't accept the item offered. In the case of an alcoholic drink, sometimes the phrase "I still have to drive – you know the Army is really strict about this – it could end my career" can be effective, or the one I personally use: "It will make me go to sleep" (this is really true!).

In the case of an unwanted gift, I usually answer with a polite "Thank you" and leave it with that. If they ask whether I like it, I try to be honest (in a tactful way). Telling them how much you like it, even if you can't stand it will only result in more of those kind of gifts coming your way, because the German believes that you told them the truth and they want to make you happy.

Sauerbraten method used to cook beef, venison, or other wild game

by MARTINA BIAS
Bavarian News Food & Culture columnist

Sauerbraten was a staple in my parent's restaurant as I was growing up. It was on the menu every Sunday for lunch and always a favorite with our guests. As a child, I ate one Kloss (potato dumpling) with Sauerbraten sauce every week.

In the beginning, the Sauerbraten method was often used in cooking venison or other game in Germany, as the spices and vinegar took away the "wild" taste of the meat. Most of the German housewives, however, prepare it with beef these days.

The Sauerbraten you will find on most restaurant menus in this area is the "Rheinischer Sauerbraten" (Rhineland-style Sauerbraten) - marinated in red wine.

You can also prepare it as a "Bayerischer Sauerbraten" (Bavarian Sauerbraten) – marinated in beer, but I have not seen that version that often.

Sauerbraten recipes vary from family to family and from restaurant to restaurant. Some people like a more sour taste, others a little sweeter. In some recipes you might add raisins, in others you use crushed ginger snaps.

Most Sauerbraten sauces are brown gravies, but my grandma always made it with a creamy sauce and that is the way I still serve it to my family today.

Whether I prepare it for a special occasion, or just a nice Sunday meal, the taste of this meal represents Germany to me. Guten Appetit!

Oma Ida's Sauerbraten

Marinade:
1 cup red wine vinegar
1 cup red wine

1 cup water
1 large onion, sliced
2 bay leaves
3 cloves
10 whole peppercorns

Meat:
3 - 4-pound lean beef roast (preferably rump or eye of round)

Day of cooking ingredients:
2 Tbs. butter
3 beef bouillon cubes
½ pint light cream
3 Tbs. flour
3 Tbs. sugar
Wondra flour or 2 Tbs. corn starch dissolved in ½ cup of cold water
2 Tbs. to ¼ cup sugar (according to taste)

Heat marinating mixture to a simmer and turn off heat.

Pour mixture over meat in a bowl or pot and allow it to cool. Cover and refrigerate for 3-5 days, turning occasionally.

Remove meat from marinade and drain fully. Strain and keep the marinade.

In a Dutch oven or heavy pot, brown the roast on all sides in the butter. (Dredging the roast in flour before browning will help keep the butter from spattering.)

Slowly add the marinating liquid and 1 ½ cups of water. Add 3 beef bouillon cubes.

Reduce heat, cover the kettle and allow to simmer for 2 ½ hours, or until roast is tender.

Remove it to a large platter, keeping it warm.

To make the gravy, stir flour into cream



Courtesy photo

Sauerbraten is a traditional German Sunday dish. Here it is shown with its typical dark gravy and potato dumplings on the side.

and mix well. Pour into sauce through a fine mesh strainer.

To give the sauce some color, pour sugar into a small heavy pan and stir and heat until melted and golden to darker brown (be careful not to burn it). Stir into sauce (be careful, it will bubble).

Thicken sauce with Wondra flour or corn starch dissolved in cold water until you achieve desired consistency. Taste sauce and add sugar according to your preference.

Slice meat and place in sauce. Serve with Spaetzles, potato dumplings, noodles or mashed potatoes.

A side dish of red cabbage would also go well with it.

Yield: 6 – 8 servings

IMCOM track meet and official’s clinic slated for Grafenwoehr

News release

The opening Installation Management Command-Europe track and field meet of the year is scheduled for May 12 at Grafenwoehr, Germany.

“With this being the first meet ever held on Graf’s new track, every participant will have a chance to earn bragging rights of establishing an event record,” said Tom Hlavacek, a training specialist for IMCOM-Europe Morale, Welfare and Recreation.

A full slate of scheduled men and women’s track event include: individual sprints, and middle and long-distance races (100; 200; 400; 800; 1,500; 5000 meters); relays (400 and 1,600 meters); and hurdles. Field events planned are: shot put; long jump; triple jump; discus; and javelin.

Registration opens 9 a.m. day of the meet, with the first event, the women’s 400-meter relay, starting at 10:20 a.m. Any servicemember, civilian employee, or adult family member is eligible to participate.

Additionally, beginning May 9, the Grafenwoehr Sports Complex will host a track official’s clinic with international track clinician Michael Serralta of Puerto Rico.



Photo by Karl Weisel

Runners take off during the 100-meter sprint of last year’s Hanau German-American Track and Field Meet. The opening Installation Management Command-Europe track and field meet of 2007 is scheduled May 12 at Grafenwoehr, Germany.

During the training, Hlavacek said, attendees will be given current rules, proper signaling techniques, points of emphasis, rule changes and procedures, along with a written test and a practical examination.

The Grafenwoehr meet is the initial

competition of IMCOM-Europe’s 2007 season, with the championships being held July 28th at Regensburg’s Track Complex, Hohenfels, Germany.

For more information on the meet or becoming a sports official, e-mail Hlavacek at tom.hlavacek@eur.army.mil.

IMCOM-E Baseball Championship scheduled to be held in Hohenfels May 25-28

by RACHEL HARTMAN
Special to the Bavarian News

Spring is in the air, that can only mean one thing...it’s baseball season! This year, Hohenfels was volunteered to be the hosting site of a large Youth Sports event, the IMCOM EURO Baseball Championship for players 16-18 years of age.

DODDS does not provide a high school baseball league in Europe, so IMCOM EURO MWR operates the only baseball league for high school age players. Under a memorandum of agreement between DODDS and IMCOM EURO, players in the 16-18-year-old MWR league who meet DODDS eligibility requirements earn high school varsity letters.

This event will take place May 25-28, Memorial Day weekend, in two locations; Hohenfels’ 1-4 IN Baseball Field and the Regensburg Baseball Field.

Spectators are welcomed and encouraged to come on out and cheer on the best American High School baseball players in Europe as Hohenfels welcomes teams from eight other installations. Opening Ceremonies begin simultaneously at 7:30 a.m. on May 25 in both Hohenfels and Regensburg.

If you would like to more on the IMCOM EURO Baseball Championship, call or stop by the Youth Sports office in Hohenfels, DSN 466-2488.



Photo by David Rape

Hohenfels catcher Bruce Grazier attempted to get the Stuttgart batter to strike out in their game last year.

Golf clinic offers wounded Soldiers chance to regain their game

by JOHN J. KRUZEL
American Forces Press Service

In golf jargon, a “handicap” refers to the number of strokes that separates an amateur golfer from a pro. On the Woodmont Country Club driving range here April 20, the term described a more literal disadvantage.

“It’s just an obstacle,” said Tom Willard, a novelist and a former Army

paratrooper in the 101st Airborne Division whose left arm was amputated after he was shot five times in Vietnam. With the aid of the “Amputee Golf Grip,” a prosthetic device Willard invented, he has continued driving, pitching and putting through the years.

“You can go over the obstacle, under it, around it or through it,” he said. “And ‘through’ is the best way to go.”



Photo by Petty Officer 2nd Class Molly Burgess

Army Sgt. 1st Class David Cook, from Westchester, Ill., keeps his balance as he swings a six-iron during the “First Swing” Golf Seminar held April 20 at Woodmont Country Club in Rockville, Md. Cook was one of 10 amputee outpatients from Walter Reed Army Medical Center, in Washington, D.C., who attended the event sponsored by Eastern Amputee Golf Association in conjunction with Disabled Sports USA.

Several disabled golf instructors like Willard joined Disabled Sports USA with its partner program Wounded Warrior Disabled Sports Project in offering 10 wounded servicemembers from Walter Reed Army Medical Center, in Washington, D.C., the “First Swing” golf seminar here. In 2007, the partnered programs will sponsor more than 70 events in 19 different sports in 14 states.

“There is no tool better than sports to get people active again, self-confident again and to believe in themselves again after they’ve become disabled,” said Kirk M. Bauer, executive director of Disabled Sports USA, who lost his leg in Vietnam when a grenade detonated nearby.

“(Wounded servicemembers) teach all of us that no matter what life throws at you, if you’ve got the right opportunities and the right attitude, you can overcome that and go on and lead a very active and a very successful life,” he said. “But you have to move forward, and you have to believe in yourself. That’s what they’re teaching all of us.”

In the country club ballroom, wounded vets listened as Bob Buck, the executive director of Eastern Amputee Golf Association, explained various prosthetic golfing devices and adaptive equipment. He suggested putter extensions for above-knee amputees who have difficulty bending over, specially-designed gloves for golfers with hand injuries, and clubs with swiveling heads that allow a golfer to swing from a seated position if

necessary.

Buck said the Eastern Amputee Golf Association has a 3,000-person mailing list that includes 1,100 amputees, sponsors eight 36-hole tournaments, conducts golf clinics around the country, and currently gives 18 scholarships to amputee servicemembers or their children. Through a donation by Buck’s associate, Don Boyd, each of the wounded vets would receive a set of clubs as a parting gift and as incentive to keep swinging.

Having received a prosthetic right leg in 1970 after a car accident, Buck is proof that amputee golfers can excel on the links. “I was about a 12 handicap before I lost my leg at age 28, and I’ve been as low as a four since then. My swing has probably improved,” he said.

Army Sgt. 1st Class David Cook, from Westchester, Ill., said he was excited to try golfing for the first time since his right leg was amputated below the knee five weeks ago. Sitting in a wheelchair with his amputation site wrapped in a bandage, Cook had set his sights low.

“I wish I had my prosthetic so I could stand up and hit the ball,” Cook said. “I’m just looking forward to getting back out there. Realistically, I’m not going to be able to hit the ball since I don’t have the other foot yet.”

“You’ll be surprised,” Buck interjected.

In a convoy of golf carts, the disabled veterans and their instructors wheeled around freshly cut fairways, and onto the driving

range that overlooked a lightly down-sloping pitch. During the sunny afternoon, flags indicating various distances downrange flapped in the breeze.

Cook drove his “Golf Xpress” single-rider cart to a spot on the range next to a shiny pyramid of golf balls, and then rotated his seat 90 degrees to face the stack. Rising from the seat, Cook hopped on his left foot and used a six-iron to fish a ball from the top of the pyramid. Then he hopped into swinging position.

“I’ve never done this before,” he said, still hopping. Balancing himself, Cook began his backswing. His club shaft was nearly parallel to the ground before he drove the iron toward the ball.

Upon contact, a large earthy divot flew almost as far as the ball. Then Cook launched a low line drive that hooked into the trees just off the fairway for his second shot.

On his third swing, Cook hit a picture-perfect iron shot that sailed straight down the range and rolled near the black-and-white checkered flag marking 120 yards.

“Now I liked that one,” Cook said after firing off an equally clean drive that breezed well past the checkered flag. “I could do this every day.”

Willard took a break from instructing to sneak in a few shots using a six-iron he gripped with his prosthetic device. He then stepped back and observed the other golfers’ progress. “It’s not here or here that’s important,” Willard said, pointing to his arm then to his leg.

Motioning towards his heart, he said, “It’s about what’s in here.”

Sports Briefs

Youth bowling league playing

Every Saturday at 11 a.m. Bring the whole family to the Vilseck Bowling Center! For more info, call DSN 476-2576.

Personalized yoga classes available

Vilseck classes are at the Rose Barracks Fitness Center: “Yoga for All”, Mondays 2-3 p.m.; prenatal yoga, Fridays 2-3:15 p.m.; postpartum yoga, Fridays 3:30-4:45 p.m.; and yoga, Fridays 5:15-6:15 p.m. For information, call DSN 476-2998.

Grafenwoehr classes are at the Grafenwoehr Physical Fitness Center: yoga Mondays 10-11:15 a.m., “Yoga for All”, Tuesdays and Thursdays 10-11:15 a.m.; prenatal yoga, Tuesdays and Thursdays 11:30 a.m.-12:45 p.m.; and postpartum yoga, Tuesdays and Thursdays 1-2:15 p.m. For information, call DSN 475-9007.

Mountain biking club offered at ODR

Join and receive free rides on Mondays now through September; free maintenance classes; and discounts on mountain bike trips. Call ODR Graf at DSN 475-7402 or Vilseck at DSN 476-2563.

May 19: If you’re into mountain biking, enter the Graf Invitational Mountain Bike Championship. Competition is open to all U.S. ID card holders and local nationals.

B.O.S.S. sponsors discounted bowling

Every Wednesday, both bowling centers offer \$1.00 bowling from 5 -10 p.m. You pay for your shoes plus \$1 per game. B.O.S.S. meets every other Thursday at 1:30 p.m. Contact John Maki DSN 475-6116, or john.c.maki@eur.army.mil.

Next town hall to be held in Vilseck, July 18

Continued From Page 1

“Everyone has to reapply for this program,” Vojtecky said. “It is a great program and a lot of people qualify. Some people think it is for junior enlisted only, which is not the truth.” Vojtecky reminded everyone about the School Registration that is going on now in all schools. Even if you are not sure where you will be Aug. 27, register now. It will be easier to withdraw a student in August than to add one, he said.

“We really need these registrations,” said Vojtecky.

An AFN Europe representative encouraged everyone to visit their Web site for updates of stories, weather, and news.

The Plans, Analysis and

Integration representative announced the units coming to Grafenwoehr this year. They are 709th Military Police Battalion, 1st Theater Inland Cargo Transfer Company, 574th Supply Company, 5th Maintenance Company, and U.S. Army Recruiting Team.

Directorate of Emergency Services representative Capt. Steve Barko announced a major change about motorcycle safety equipment while wearing Army uniforms. When one is wearing an ACU or BDU uniform, he or she must have a reflective vest that can be seen from the front and back. With the Army Physical Fitness Uniform, one is authorized to wear a reflective belt both day and night. Another option is motorcycle reflective jacket with

Duty and APF uniforms.

Barko also voiced concern about the increasing number of safety belt violations.

“The driver is responsible for everybody in the vehicle,” he said. Children 11 years or younger are required to use suitable child-restraint devices that are approved by either Economic Commission for Europe Regulation 44 or by the DOT.

Bob McGaffin, from the Garrison Safety Department, said that Germany is a tough environment for inexperienced drivers.

“Do not necessarily assume that everybody understands the right of way,” he said, especially driving around the government housing areas. He also cautioned people to be careful with farm tractors and

motorcycles.

Bicycle safety requires helmets on and off post as well as lighting at night. Without the proper equipment one can be cited.

He mentioned that the authorized swimming areas are the public swimming pools and the Eschenbach Lake. He said that bugs, especially ticks, are a big problem for the area and people should be aware.

The last topic he talked about was travel safety in Europe, where he recommended ADAC. “It is a wonderful program and I encourage you to get it,” he said.

The Community Chaplain Dave Hillis noted that Sunday school ends June 10 and will resumes again in the fall. The Vacation Bible School will be combined together for both

communities.

The Director of Public Works Tom Hayes said that flowers, soil and containers will be available at the Self Help Stores May 15. He also said that garden plots are available in both areas. Hayes announced that the old recycling center at the MP station Grafenwoehr has been relocated to the sanitary landfill front gate.

Director of Logistics Kenneth Stark talked about the proper use of government non-tactical vehicles.

Another concern brought up during the meeting was the issue of mold occurring in some government leased housing.

The next town hall will be held at the Vilseck Chapel Fellowship Hall July 18 at 6 p.m.

Soldier’s heroic actions save man’s life

Continued From Page 1

the EFMB, learning everything from hemorrhage control to splinting a fracture.

Cantu’s medical skills were put to the test that night, and she passed with flying colors.

“That night everything just kicked in,” she said, “It just all came back to me.”

Although many people view Cantu’s actions as heroic, the 26-year-old Corpus Christi, Texas native explained that she thinks anyone in her position would have done the same thing.

“If I see an accident, I’m going to try and help. It’s my Soldier instinct to stop,” she said.

“I’m very humbled (being deemed a hero) because I think it’s something anyone should do.”

The cause of the accident is still

unknown, and the identity of the victims has not been released. German authorities are looking into the possibility that a silver Mercedes may have been involved.

Spc. Mary Salinas-Cantu, her husband Spc. Ben Cantu, and Staff Sgt. Francisco Bustoslimon were awarded the Regimental Commanders Coin for their chivalrous actions.

Spc. Mary Salinas-Cantu, describes the scene of the March 31 motorcycle accident. Weeks after Cantu’s heroic aid to the victims, outlines of the mens’ bodies are still visible, here, on 299 in Freihung.



Hogg takes over JMTC command

Continued From Page 1

“The toughest part of this job is leaving,” Perkins said. “It has been such a fulfilling job and such a great community to live in that putting this part of our lives behind us is just going to be difficult.” Perkins said that though he is leaving he will continue to be involved with the transformation mission.

Hogg was commissioned as an Armor officer in 1981 upon graduation from the U.S. Military Academy and has held a variety of key positions throughout his career.

He has served as a tank platoon

leader and Headquarters and Headquarters Company commander in 5-77 Armor, 1PstP Infantry Division, Fort Riley, Kan.; commander Company D and HHC in the 5-77 Armor, 8th Infantry Division, Mannheim, Germany; company/ team observer-controller at the National Training Center, Fort Irwin, Calif.; battalion commander, 2-37Armor, 1st Armored Division, Friedberg, Germany; and commander 2nd Brigade Combat Team, 4th Infantry Division, Fort Hood, Texas.

During Operation Iraqi Freedom 1, Hogg served as Commander of Operations Group, National Training

Center, and Fort. Irwin, Calif.

“It is an honor and a privilege to be here and have the opportunity to work as part of the Joint Multinational Training Command and the Grafenwoehr community,” said Hogg addressing the crowds masses Thursday. “My wife Martina, the boys and I look forward to these upcoming years and we are going to have fun.”

Hogg holds master’s degrees in Military Arts and Science and National Security Strategy. He is a graduate of the United States Military Academy, the Armor Officer Basic and Advance Courses,

Airborne and Ranger schools, Combined Arms and Services Staff School, U.S. Army Command and General Staff College, School of Advance Military Studies, U.S. Army War College and the Advanced Strategic Arts Program.

His awards include the Legion of Merit, Bronze Star with “V” device, Defense and Army Meritorious Service Medals, NATO Medal, Kosovo Campaign Medal and the Combat Action Badge. Hogg is the recipient of several unit awards including the Valorous Unit Award, Army Superior Unit Award and the Joint Meritorious Unit Award.

Apply now for Summer Hire program

Continued From Page 1

Requirements:

- Summer Hire is open to family members between 14 and 22 years of age.
- Participants must be unmarried family members of an active military member or DoD civilian who will turn age 14 by 26 June, which is the official start of the SH Program and will not reach their 23rd birthday prior to the end of SH Program on 3 August.
- Applicants must be US citizens.
- Summer Hires employed in child development positions must be a minimum of 16 years old.

Youths interested in applying for the Summer Hire 2007 Program are required to submit an ‘automated Web application form’. Detailed instructions on how to apply are available at the HQDA G-1, Civilian Personnel, East Region, Europe Area Web site.

Sexual assault too common in military

Continued From Page 21

Kate Revels, victim advocate coordinator in Wuerzburg, explained that sexual assault is never a victim’s fault and that reporting it is a step toward healing.

By reporting the incident, it may prevent an assault from happening to someone else and it “takes the power from the perpetrator and returns it to the victim.”

Revels talked about how damaging sexual assault is to the morale of military installations and how education about it is vital.

“We need everyone to be aware, and it can only be prevented through education,” she said.

For more information on sexual assault prevention or how to report an incident, call the office of Davis at DSN 354-6435 or Revels at DSN 350-7103.

For immediate help, call the sexual assault response 24-hour cell phone at CIV 0162-271-1413.

You may also call the USAREUR sexual assault hotline at CIV 00-800-0277-2858 or DSN 371-3550.

Victims of sexual assault are urged to contact authorities as soon as possible.



Capt. Amelia H. Waldon took over the command of the Headquarters and Headquarters Company from Maj. Robert J. Hellner III, in a Change of Command Ceremony held in Grafenwoehr, April 16.

Photo by Bilyana Atova